

You Can Get Your Love Back

Proven Ways to Stop Break Up and
Win Back the Love of Your Life



Jacob E. William

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Back:**

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Break Up and Win Back
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This book is intended solely for dispensing of information of an educational value for the purpose of helping those who read it to restore a failed personal relationship. Application of the information within is recommended in line with a rational and responsible approach to your individual circumstance. If you use the information within to assist with repairing your damaged relationship, the author and publisher assume no responsibility for the results of your actions.

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Introduction

Anybody who has been in a stable relationship for many years will understand the pains of a breakup. It doesn't matter how it was done, all that matters is the fact that the relationship is over.

All those months, or years, of effort will be gone within moments. Both parties are left with anger, hate, resentment, or sadness. The worst part of it all is the fact that they both cannot escape from the after effects of the breakup.

A breakup can essentially be the hardest thing in the world to deal with. There have been cases where people have suffered tremendously because they cannot handle the pain of losing their significant other. Suicide has also played a crucial part in this situation; however, this isn't the time to talk about that.

The breakup effect will be at its worse for the first two weeks after the breakup. Those affected by it will be both mentally and physically drained from their everyday life regardless of what they do. They lose the ability to reason with others as well as the motivation to move on with their life.

Unfortunately, once the relationship is over, it's over. Only the one leaving will feel the least amount of pain compared to the one being left behind. Their pain will be unbearable as they are the one that

suffers through the breakup effect. Sadly, not every relationship is salvageable. Even if it was a special relationship, it doesn't mean that you can easily go back to it once it's gone.

Of course, that doesn't mean that you can't get it back if you tried, which is what we'll be discussing in this book.

First, you need to know that not every relationship is salvageable but it's still worth a shot. You're going to lose your ex if you do nothing, but there's a chance that you can get them back if you do something.

Nevertheless, the chances are fifty-fifty. So it's going to be up to you to decide whether you want to try to get your ex back or not. Even so, you should take into consideration that this book does not 100% guarantee that you will be able to get your ex back.

Sometimes, relationships are not meant to be, no matter how hard you try. This book will only give you suggestions on what you should and can do. It will work for some people and it might not work for others. It all depends on you and the person that left you. Since everyone is different, everyone will get different results.

Just so you know, it's going to take a lot of work, a lot of effort, and plenty of willpower. At the same time, it'll be good for you. Not only will you be learning about how to get your ex back into your

life, but this book will also teach you how to deal with any harsh future breakups.

You'll be learning about the strategies that you can do to get your ex back as well as making them want you even more than before. But before we can begin all of these, we're going to first take a look at what you really want for your future.

Chapter 1: Breakup or Makeup?

Before you take any specific action relating to what you want, think about what you really want in the first place.

You're probably thinking, "I already know what I want so why should I think about it?" Well, are you sure about that? Many people go through life thinking they know what they want until they question themselves again for a second time.

That's when their indecisiveness will start to kick in. You want to make sure that you're making the proper choices for yourself, especially when it's a choice that can impact your future.

It doesn't matter what you're thinking about now, the moment you step out of a relationship, you are not entitled to make the decision of wanting your ex back. You can say, "I don't want my ex back." However, you cannot say, "I want my ex back." The reason why is because:

1. Your ex just left you.
2. Your emotions are circling in a typhoon of desperation and misery. Thus, making you prone to rash decisions.
3. Your ex just left you.

4. Your thoughts aren't cleared up and you're not thinking straight.
5. Your ex just left you.

Notice how I mentioned, "Your ex just left you" three times. That's for emphasis purposes. Sorry to say, but you can't immediately have someone back into your life when they've just decided to walk out of it. It doesn't matter if you plead and apologize. They just won't do it. Of course, we'll get more into detail with that in a later chapter.

What you need to focus on right now is yourself. Before you can even bring your mind towards your ex, you need to first direct your mind back to you. Clear up your head and set yourself straight.

Basically, get your life together before doing anything that has to do with your ex. If you want the chance of saving your relationship then this is all you can do right now, and you're going to know why soon enough.

Note that this does not mean that you are expected to forget about your ex. You are not being asked to forget about them, nor are you being asked to erase their existence from your life. All you are expected to do right now is to try to move on with your life without your ex.

In this chapter, we will be discussing about the steps you can take to better your life now that you are single. We will discuss the strategies that you

can take to getting over your ex, and we will further discuss the reasons why your relationship did not turn out the way you expected it to be.

You cannot skip this chapter. Even if you think you know what you're doing, you should read through it anyways. This is a very important chapter that you will need to read in order to move onto the next one.

Clearing Your Head

So starting from now, you are single. You are no longer in a relationship with your significant other and you need to accept that. It's going to be hard but you'll get there before this chapter ends.

The most important thing for you to do right now is to set your head straight. You need to stop letting your emotions take over your mind so you can start to think for yourself.

If you want to spend a day crying, eating, or screaming your heart away then go for it. Spend at most one day letting out your emotions before you start doing anything else. This is important because it's going to help you focus better for the next day.

So, after your first day of tears and anger, how do you feel? You're probably going to feel the same but not as worse as yesterday. You've already finished venting out your sadness and frustration. Now it's time for you to sit down and think.

What you're going to start off with is a pen/pencil, and a piece of paper. What you're going to do is brainstorm. You're going to start thinking about what it is that caused your partner to leave you.

This isn't the time to start thinking about all the things that they did to you. It isn't the time to start thinking about whose fault it is. It's the time for you to reflect back on your relationship and to see what went wrong.

What did you do wrong in the relationship? Don't just think about what your partner complained to you about. Couples usually don't voice out all their complaints so it's up to you to pinpoint what went wrong.

It doesn't matter if it's insignificant or if it's a trivial matter. The moment it comes to your mind, write it down on your piece of paper. You can question it after you're done.

Try not to tempt yourself to type on the computer. We're doing this old school for a reason. If you let yourself sit in front of a computer, you're going to be easily distracted from your intended purpose. It's also better to write down your thoughts simply because you can remember it better.

Do try to be honest with yourself. Don't try to back track on the situation and say that something wasn't your fault.

Be a mature adult and accept the fact that you did something wrong in the relationship. We're not doing this so you can toss the blame on yourself. We're doing this so you can figure out what went wrong in the relationship. This list is going to help you better yourself for the future so work on it.

Oh, just so you know, relationships don't end after one mistake. If this isn't some toddler relationship for the young, your ex is most likely going to be a mature adult who can take care of himself.

That means that your ex has tolerance for the little things during the relationship. It's like playing the tower game you know. The way the game works is that you must first build a tower with bricks, or whatever you want to call them.

That tower is like your current relationship. Then, as you progress in the game, you have to pull one a brick every time it's your turn, but you have to make sure that the tower doesn't collapse.

That represents your mistakes in the relationship. Yet, after a series of turns, the tower collapses as you pull out the last supporting piece. That, in turn, represents the end of your relationship. You see how it works?

Your relationship will not break because of one mishap. It will break from a series of small mishaps until the other party cannot tolerate it anymore. Think of it as "the last straw" of the relationship.

Anyways, back to the main topic. Remember, you need to take the time to work on this list. Think of it as homework for yourself. Isolate yourself from anything that is distracting you so you can focus.

You want to finish this in one sitting because it'll make the progress move a lot faster. Give yourself about an hour to work on it. It's nearly impossible for anyone to sit still for more than one hour and focus on a particular subject.

So at least dedicate an hour of your time on this. Once you're done, take a short break and come back to review your list. If it's about a page's worth then you're doing something right.

Right now, you are only reviewing your list. However, if you have some additional thoughts that popped into your mind during your break then be sure to write them down immediately.

You can stop working on your list once you feel that there's nothing left for you to add. This is very important to what you will be doing later on so do take this exercise seriously.

The End of Your Relationship

Sadly, not all relationships end very well. If anything, it's rare for a relationship to end from the decisions of both parties. Usually, there's always one person being the heartbreaker and the one being heartbroken.