

Getting Back Together

*The Secret to Seduce and Make Your Ex
to Fall in Love With You Again*



Deanna M. Roberts

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and Make Your Ex to
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1. Introduction

All good things must end and that includes relationships. There are numerous reasons why a relationship ends and all of them are hurtful. When a relationship has ended, and when the hurt fades, sometimes you realize that you want that person back. Just because your relationship ended does not mean that you cannot win your ex back.

There are second chances and when you do it right, you can win your ex back and rebuild your relationship, making it stronger and better than ever. A second relationship with someone is another chance to get it right, and this time, you have the advantage of already knowing where it went wrong the first time so you can take the appropriate steps to get it right the second time around. Mistakes are only failures if you fail to learn from them.

Every mistake from your prior relationship is an opportunity to change and to grow. By doing so, you can avoid making the same mistakes over and over again. First of all, if you are reading this book with the mindset that you had no part to play in why your relationship failed, this book will not be able to help you. It takes two to make a relationship work and it takes two to heal it.

If you have the attitude that it was all the other person's fault and that you do not need to change, this is not the book for you. This book is about

embracing your mistakes and turning them into another opportunity. This is about correcting the wrongs and building a solid relationship based on two people who want to be together and are willing to give and take as needed.

There are three ways that a relationship ends; they end it, you end it, or it is a mutual decision. No matter who ended it, it is possible for you to win back your ex. By examining your relationship, yourself, and your ex, you can win them back.

2. Why Did It End?

It does not matter if you ended things, if they ended things, or if you came to a mutual agreement to end the relationship; you need to know why it ended. Unless you can pinpoint why the relationship ended, you will not be able to take the necessary steps needed to fix things. You cannot win your ex back unless you can offer a better relationship than the first time around.

Lots of advice columns and blogs suggest that the way to get your ex back is by working on your appearance. They suggest that you change your wardrobe, lose weight, and focus on your own appearance.

There is merit in some of that, but only because when you feel good about how you look and feel, your self-esteem is boosted and so is your confidence. Your looks did not end the relationship and if so, do you really want them back if the relationship is based solely on how you look?

This book is not focused on fluff. Any suggestions made about appearance are given to help you feel better about yourself, not as a way to fix a relationship. No healthy relationship is based on looks. If you feel that physical appearance played a major role in why your relationship ended, you need to dig deeper.

Why did it end? What role did each of you play in the ending of the relationship? Not all relationships ended on a bad note because of something like infidelity. Sometimes, it is just a combination of many smaller things.

When you analyze your relationship to determine why it ended, it means you have to ask yourself some tough questions. You cannot only focus on what the other person did, you also have to examine your total relationship, including your own actions and reactions.

What are some of the reasons that relationship ended? Think back to your relationship and your arguments and discussions. What frustrated you the most about the other person? What about you frustrated them the most? All relationships have to be balanced and when that balance is tipped too far one way or another, it will fail.

Not Enough Value Placed on the Relationship

One reason that relationships fail is because someone did not value the other person. When you take someone for granted, it hurts. Indifference will destroy a relationship faster than anger. If you treated your partner with indifference, they will only suffer through that for so long.

How much did you value your relationship? Did you realize how much they meant to you after they were gone? Chances are, you did. If you value them now, why did you not value them before?

Relationships take work; anything that you value takes work. If you do not work for your relationship, it shows that you did not value it.

It Became Boring

No one loves boring. Even long-term relationships should be fresh feeling and exciting. When you fall into a rut that you do not try to break out of, your partner will look for that fresh, fun feeling elsewhere.

What attracted you to them originally? How did that spark of attraction feel? If you do not try to recapture that feeling throughout your relationship, it will become boring.

Insecurity

Everyone has insecurities but when you let your insecurities manifest as neediness and clingy behavior, it will drive your partner away. No one wants to have somebody clinging to him or her, acting like a shadow, or tracking his or her every move.

To you, you are trying to show them that you care but to them, you are keeping tabs on them and it translates to a lack of trust on your part. We all want to be valued but you cannot demand it from them or it comes through as being needy and clingy. Neither have any place in a healthy relationship.

Jealousy is another way in which your insecurity can manifest. If you are suspicious of their every

action, why would they stay? You need to trust them just as they need to trust you. If you cannot trust someone, then you should not be in a relationship with them. Jealousy is something that needs to be overcome in favor of healthier emotions.

Drifting Apart

Have you ever tried to be friendly with someone who just did not like you? If you are so fiercely independent that you come off as distant and uninterested, they will stop trying. If you let your ego rule your actions and emotions, you will find that you drift apart because you will be putting up so many walls up to keep others out that they cannot connect with you. Your partner needs to connect with you, and when you do not let them, it will cause the relationship to dissolve.

Being Too Critical and Nagging

If what you have to say is not constructive criticism, you should stay silent. Being too critical, often just to argue, is a major relationship mistake. No one wants to be nagged and judged. Breakdown in communications is another major cause of relationships ending. Learn how to communicate better to overcome this.

Once you begin to realize why the relationship ended, you can begin to formulate a plan to get them back. This requires a lot of work on your end because you have to genuinely want to improve

yourself to correct the mistakes that you made in the relationship. Without change, there can be no healing and no success.

3. Do You Really Want Back Together?

This is the big question. Do you really want back together or do you just think you do? When a breakup is fresh, it is easy to feel like you must have them back but then on the second try, the same problems come up. Some relationships are just not healthy so you need to determine if you really want to go back to them.

If you are still angry or hurt, you need to be able to let that go. If you try to get back together but you want to hold their mistakes over their head constantly, that is not going to work. That is counterproductive. If you think that you can move on from the bad times to start over, then trying again is a good idea. Only you know how badly you were hurt and if you can move past it or not.

A second chance means that you need to forgive. Forgiveness is not always easy when you have been hurt but if you really want back together, you must forgive them for what they have done. That does not mean that you have to tolerate them doing it again!

If you are willing to take them back knowing you will get hurt again, you do not belong back together. This book is about promoting ways to get your ex back for a healthy relationship.

Everyone has value and if you are not being treated right, get out of the relationship. Do not be a doormat for someone who does not appreciate you. Your well-being is more important than your relationship.

If you want them back because you feel that you cannot find anyone else, and are willing to let them treat you poorly, getting back together is not recommended. Relationships should not be a power play, it should be an even flow of power.

If that is what you want, then you should get back together because it means you can set your ego aside while not sacrificing your own identity. You also have to be able to forgive yourself for your part in the breakup.

If you constantly berate yourself for any hurt you caused them, it will work against you. People make mistakes, but as long as you are willing to work on yourself, to correct your mistakes, then you should be able to forgive yourself and move forward with winning your ex back.

Are you willing to change? If you are willing to give them a chance to change and learn from their mistakes, are you willing to do the same? You cannot expect them to do all of the work. You have to really want to improve so that you can help heal the relationship. If you make the same mistakes, your relationship will have the same result as before; it will end. Your willingness to change is a big factor in if you want to get back together.

You need to take into account what your role in the relationship was and what their role was. One thing to consider is that you miss the relationship more than you miss your ex. If that is the case, then you are confusing being lonely, or missing the comfort of being in a relationship, with love.

If you want to get your ex back just to end the pain of being alone, then you should not get back together. If you want your ex back because you cannot imagine your life without them, moving forward with getting them back is a good idea. Keep in mind that this only works if you both want this to work, which means moving forward from your past.

If things ended on such a bad note that there is no civility between the two of you, getting back together is a tall order. If your relationship has more bad memories than pleasant ones, do you really want to venture into that territory again?

The best relationships to reconcile with are the ones that started off good and then fell apart. When you have a good basis to start from, it is easier to find common ground with your ex, based on the good times. If your relationship was in constant turmoil from day one, it will be harder to find a good, solid basis to get your ex back. Only you know in your heart if you truly want your ex back and if the answer is yes, keep reading.

4. Desperation is a Turn Off

When you are trying to seduce your ex to win them back, the worst thing you can do is appear needy and desperate. No matter how much you were in the wrong, begging them to come back to you is not the way to go. The more desperate you act, the harder you will make it to seduce your ex.

Remember, the key is to make them fall in love with you all over again, to build a better relationship. Begging and pleading and acting desperate is the ultimate turn off.

For example, you want them back badly. That desperation turns into borderline obsession. You find yourself calling, texting, emailing, or even trying to see them constantly. There is nothing positive or seductive about desperation. Throwing yourself upon their mercy to take you back is a cliché; it only works in the movies. Histrionics and begging is not only not dignified but it is also not very seductive.

You want to seduce your ex, to show them that you are the one for them and that you can fix the relationship, making it better than ever. You do not want to turn into a pest, begging for another chance.

When you want someone badly, and you are trying to atone for mistakes, you know you have an uphill battle. However, it is a battle that can be won!

When you are needy, it forces the other person to focus only on that. You want them to focus on your positives, not your negatives.

Desperation pushes them away and what you want is to pull them in. You want to show them why getting back together with you is a good thing. You want them to realize that you are the one. If you are needy and desperate now, that is a sign that you will be that way during the entire relationship. When you act desperately, you are shooting yourself in the foot and sabotaging your chances of getting back together.

A lot of the time, you are needy because you feel a sense of urgency about getting back together. You want to get back together with them before they find someone else. Guess what? It does not matter! Let them date around and you know why? Because it gives you time to shine! Stop being in a rush to get them back; it is good to let a little bit of time go by before getting back together. In fact, it is recommended.

That might seem like it is going against the grain of the topic of the book. If you want to seduce your ex, why would you want them to date other people? You want them to date others because, they are hurt over the end of the relationship too and this allows them to get past that. In the prior chapter, the topic of forgiveness was brought up. You need to be able to forgive them for their actions to be a couple again.

That goes both ways. To see you in a positive light and to want to be together with you again, they need to be able to forgive you. If you rush right back into a relationship, they will not have had time to go through the necessary emotional steps to get over grief or anger and it will work against you. You need to have a period of no contact, where you each go about your lives. However, during this stage, you are actually continually working toward getting your ex back.

Letting them date other people without throwing jealous fits is necessary. Not only does it show that you are mature enough to see them move on, but it also allows them to work through their own feelings. You want them to have the time to do this. If that means they date around a little bit, fine. All the better because when you make your move, you will be back, better than ever before, ready to show them why they want and need to come back to you.

This means you do not blame them for the breakup, you do not constantly ask them to get back together with you, you do not pester them with apologies, you do not contact them daily, and you give them space.

When you can pull your focus back from getting back together with your ex, it will work out much better for you in the long run. Your life should not center around them when you were together so it should not center around them when you are trying to get back together either.