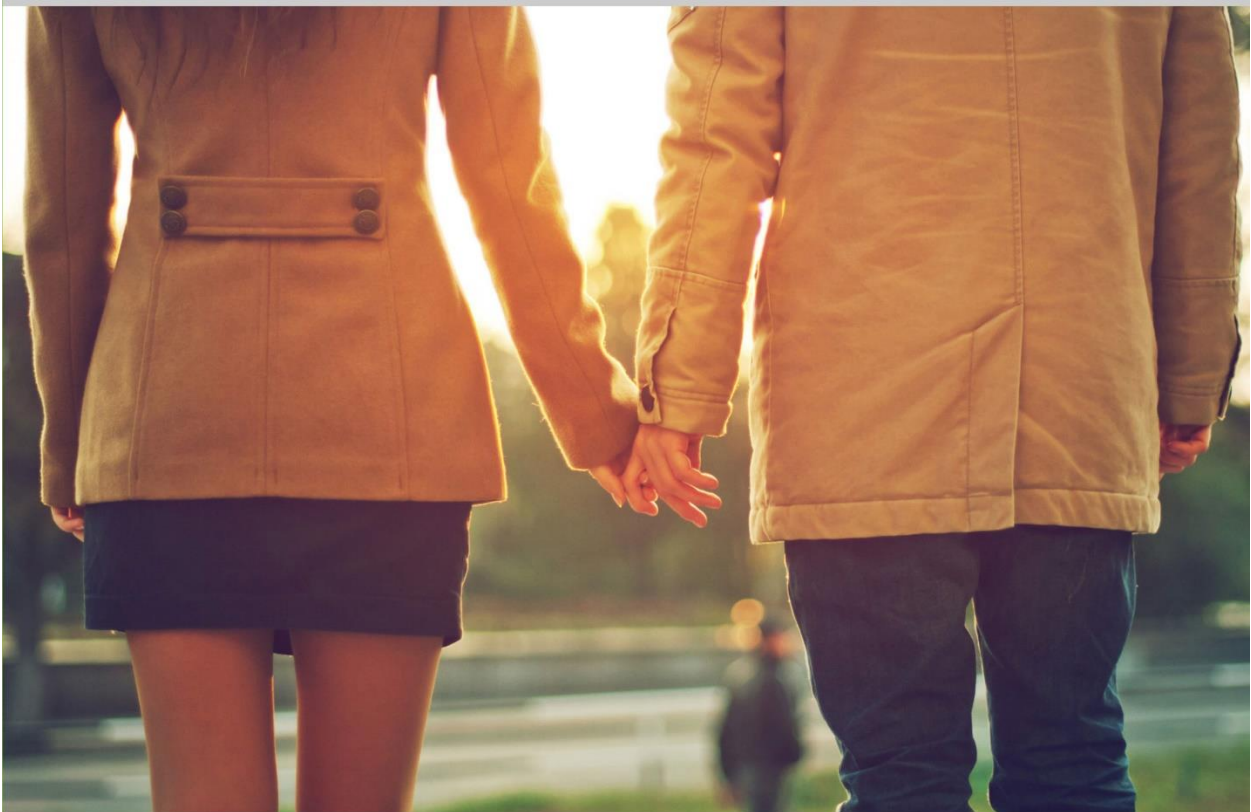




RESTART YOUR RELATIONSHIP

HOW TO GET YOUR EX
TO COME RUNNING BACK TO YOU



MATTHEW COAST

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Part 1:

The Basics

Can You Fix Your Old Relationship?

You're hurting because your ex broke up with you. And no matter what you try to do, it only seems to push him further and further away.

You want to get the relationship and the feelings you had back... except that relationship is why he broke up with you in the first place.

Maybe he gave you a reason as to why he ended things. Maybe he doesn't want to talk about it.

Either way, nothing you do seems to make any difference. You can apologize, plead, tell him how much you've changed and assure him that everything is going to be different.

None of this matters.

In fact, if he did give you a reason why he broke things off, it's very unlikely that this is the ACTUAL reason why he broke things off. The truth is that he probably doesn't even know why he broke things off.

Maybe he just stopped "feeling it" for you. Maybe he's scared that he's going to get hurt one day. Maybe he feels like he's trapped in a relationship... like a wild animal in a cage.

Whatever the real reason is, he didn't always feel this way. And you already know this. At one time, he was totally into you.

But something changed. Something smothered that spark of attraction like a kitchen fire.

Maybe it was something you did. Maybe it was something he did. Maybe the relationship was old and stale and just waiting to be thrown away.

Whatever the case may be, there's one thing for sure:

Your relationship is dead.

Even if there is a chance to rekindle that relationship, the fuel for the fire is all used up. If he broke up with you the first time, he'll almost certainly do it again.

If you want to get back together with him and feel the amazing feelings you had when you first got together, you need a **new relationship**.

If you want a relationship that lasts, get rid of the old, worn out, burnt up foundation and build something completely new... something *designed* to last.

That's what this program is about. When you use the step-by-step blueprint that I've outline in this program for you, you'll discover exactly what needs to be done in order to get your ex back.

And you'll have the tools and resources to create a loving, lasting relationship that's built on a solid foundation.

This way you can create the devotion and love that you should have had in the first place. You want to create something stronger than anything you've had before and that's what this program is designed to help you do.

Who This Program is for

This program isn't about manipulating him until he bends to your will. If you're looking for something like that, there are plenty of programs out there which are better suited for you.

The problem with manipulation is that it doesn't create a strong foundation for a lasting relationship. You'll end up becoming one of those couples who breaks up and gets together over and over again.

That or he'll figure out what you're doing, lose all trust in you, and decide he never wants to get back together with you... no matter what. Don't use manipulation. Use something that will give you lasting results.

This program is for you if you genuinely love and respect your ex. You miss him, appreciate him, and want him back in your life. You feel like you can accept him the way he is. The reasons you broke up can be resolved and worked through.

This program is NOT for you if you're looking to manipulate him into loving you again. You want to get back at him because of something he did to you.

You're abusive emotionally or physically. He abuses you emotionally or physically. You want him back simply to make yourself feel better or because you felt like it was a blow to your ego.

You don't feel like you have any control over your actions including but not limited to cheating, abuse, or manipulation. If this is your case, I suggest you go search out professional therapy instead.

If you are ready to recreate the loving, lasting relationship you always should have had in the first place, let's get started.

Why Did He Leave You?

From the moment we're born, we enter into relationships with other people. Yet there seems to be very little education that most of us receive from parents, schools, and society about how to effectively relate to one another.

The fact is that the information and role models that most people do have in this area are typically destructive at best. And it's hard to know who to trust regarding this information.

There are plenty of bestselling books out there about how to manipulate and force people to bend to our will. Yet with all of these books, most relationships still turn out to be dysfunctional or worse.

I'd even argue that most of these are actually doing lot more harm than they are any good. Most of these books are causing a lot of the damage we experience.

In truth, you probably weren't given a very good education on how to relate to men. So don't feel bad if you've had problems in this area. Most women do (and so do most men so don't feel bad about that either).

In my experience, the women I've talked with tend to be on one extreme or the other when it comes to who to blame for their relationship problems. A lot of women simply blame all men...

"Men are liars!"

"Men are pigs!"

"Men are cheaters!"

Or, they blame themselves at a core level...

"I'm not worthy."

"I'm not lovable."

"I'm just not relationship material."

Or they do both.

I'd like to suggest a different way to approach this... instead of blaming the fundamental character of yourself or men, blame the way you're relating to one another instead.

It's what you're doing that isn't working, NOT who you are.

You're most likely pushing him away and not even knowing it. That doesn't make you a bad person. It doesn't make him a bad person either.

If you want to change your relationship, you need to change the way you relate to one another. Until you shift the way you think about what isn't working, you'll NEVER be able to keep him.

Why Did He Want Out in the First Place?

If your ex gave you a reason as to why he wanted out of the relationship, it probably isn't true. Although he might not be telling you the truth because he simply doesn't know what it is.

Most people don't know why they get into relationships in the first place, let alone why they get out of them.

Why did you get together?

If you're like most of the women I talk to, it's because you felt that exhilarating spark of chemistry that made you want to cuddle with him and whisper sweet nothings into his ear.

The reason he probably broke up with you is because he stopped "feeling it" with you or he began to feel more negative emotions than positive ones.

Maybe he feels trapped. Maybe he feels exhausted. Maybe he doesn't feel like a man around you. Maybe he feels like you're sucking the life from him.

As bad as this may sound, it really isn't that big of a deal. As long as the way he feels has something to do with how you act around him, you can stop doing that and start acting in a way that keeps him engaged and excited about your relationship instead.

How Does This Happen?

We're going to focus on the reasons that you have some control over. Because if there's one thing that I've learned in my life it's that if you want to have control, you have to focus on the things you have control over.

Maybe the two of you fought all the time and he felt like it was too much work and too exhausting to be in the relationship with you. Maybe he had a sobering dose of reality that things were moving towards commitment and he isn't ready or doesn't want that.

Maybe you lost yourself to the relationship. Maybe your feelings of desperation and neediness pushed him away.

Whatever it is, you need to figure out what role you played in this because if you continue to do things to push him away, the new relationship you create isn't going to last very long.

At one point in time, the two of you were really attracted to each other. If you weren't, you wouldn't have gotten into a relationship in the first place.

What were things like back then? What was different about how the two of you interacted with each other than it has been recently?

The more thorough you can be in pinpointing this, the more of an ability you will have to keep him over time.

What Can You Do About It?

The key to this entire thing is to let the old relationship die hard and create a new relationship in its place.

Whatever you did to create the first relationship... when you attracted him to you and kept him interested for however long you were together, you can do again.

Maybe he's jaded about the way you two are together. Maybe he wishes he could experience the relationship you once had together again.

Maybe he's looking for a fresh start and a way to make himself feel alive and free again. Whatever he's looking for, you can give it to him. You just need the right tools to help you connect with him in a way that he wishes he could right now.

The very fact that you've built a relationship with him once gives you the sheer power to have the ability to do it once more.

You just need to focus, do what I tell you to do in this program, and make sure that you stick to it and you can have your ex back in your arms, loving you once again.

The 5 Phases of Restart Your Relationship

It's very important that you follow these phases one after the next. The biggest mistake most women make when they're attempting to use this system is to skip a phase because it's too challenging.

And to give you a hint, the hardest phase is usually Phase 1. This is for a variety of reasons we'll discuss in a little bit. While it may be challenging, the reward for going through it is more beneficial than you probably realize right now.

And the likelihood of success if you skip a phase is very low. These phases were designed like this because of others who have successfully gotten back together with their ex's. If you want to be added to that list, I suggest you follow these phases, one after the next.

This program is designed to give you lasting results. Here are the 5 phases:

1. Build yourself back up

After a breakup, you're hurt. You're coming from a space of desperation. This is what drives him even further away. You need to heal your wounds and get your strength back that you had before the breakup and maybe even before the relationship started.

You need to build yourself back up and put yourself in a position of power so that when you get back in contact with each other, it will be easy for him to feel attracted to you again.

Since you're creating a new relationship, you need to come from a new space. This period is all about getting in touch with the best parts of yourself and bringing that part of you out so that your ex can fall in love with you again.

2. Establish a connection

This is a very delicate time for the two of you. If you've successfully gone through Phase 1, there will be an intimacy gap between you and your ex. You're going to fill this gap just a little bit by establishing a connection between the two of you.

If you do this the wrong way, you may push the relationship in a direction that it can never recover from. If you do it the right way, it will peak his curiosity and interest and make him want to communicate with you some more.

You're going to establish the connection again over a period of a few weeks. Rushing into this is what will destroy everything. You need to have some patience and allow the flower of connection to grow and blossom between the two of you.

3. Build the connection

You don't want to just be friends. You don't want a casual relationship. You want him to be romantically interested in you. You want him to feel like he just can't keep his hands off you. You want him to feel like he made a big mistake and must convince you to get back together with him.

In order to make him feel this way, you need to connect with his emotions and spark his sexual desire once again. In a future chapter, I'm going to show you exactly how to do this in a way that will make him long for and desire you once again.

4. Meet up with him

It is absolutely crucial that when you meet up with him for the first time since the breakup, you make him feel like you're the best thing that's ever happened to him. You can do this by stirring the emotions he felt with you when you first got together.

Once you get to this phase, he's feeling interest, curiosity and desire. I'm going to show you how to amplify these feelings so that he feels like he wants to get back together with you.

It's very important that you do some specific things and avoid some specific mistakes here so that you don't ruin things with him or end up in a casual relationship. Believe it or not, even with your history, if you don't connect with him in the right way, he may take it as you wanting to just hook up with him.

5. Pace the relationship

Once you're in Phase 5, you're on the home stretch. However, you could still screw this up if you're not careful. At this point, he's physically and sexually attracted to you again.

If you jump into bed with him without pacing the relationship, everything may end up falling apart and he'll likely write off what happened as one time fling, as mentioned before.

You do not want that to happen. I'm going to show you how to pace the relationship so that it builds his investment and he decides that this is something he wants to be in. If you want a relationship with him that lasts, you have to pace things and let him take the lead.

If he isn't willing to take the lead, he won't invest himself enough to feel the desire to commit. There are very specific signs and signals that he will exhibit if he's looking to get back into a committed relationship.

You need to be aware of these and make sure that they exist. Because if you pursue something with him and these signs aren't there, you're just getting yourself into trouble. However, if they are there, you just need to make sure you don't screw things up before he feels the desire to commit.

How You Can Get the Most Out of This System

You may have some challenges and obstacles to overcome on your way to getting back together with your ex. Don't let this discourage you. This happens to most of the people who attempt to get back together with their ex.

Remember, there could be a lot of anger. And if you've been coming from a space of desperation, you may have pushed him away or turned him off completely.

I've put together a list of answers to questions that others have asked and things you need to think about BEFORE you use this system with a man.

I've been stalking my ex for awhile now, did I blow it?

Not necessarily. You need to start over in Phase 1 though. You're obviously way too attached to him getting back together with you. And coming from a space of desperation always pushes him away.

Believe it or not, the best way to get back together with him is to let go of your attachment to him getting back together with you. If you want to scare someone off forever, need him to be in your life.

There's nothing attractive about neediness. However, there's something very attractive about you not needing anyone but wanting someone because you think your lives will be enhanced through each other.

This is something that you cannot fake for very long. You need to truly get over your ex if you want him back into your life. If you attempt to fake it so that you can manipulate him into getting back together with you, it will NEVER last.

What if he finds someone else during Phase 1?

Even if he does, studies show that most relationships like these (rebound relationships) don't last. He's just doing that because he's attempting to fill in the gap of the lack of intimacy that he feels from breaking up with you.

It's going to be difficult for him to establish another relationship like the one he had with you. It's going to take weeks to months in order to develop this and there's a good chance that things are going to go bad with her before that happens.

You have a distinct advantage over the women he meets. You have a history of emotions together. Even if those emotions have recently been negative, they're deep, primal emotions of connection and belonging.

Don't worry about whether he meets someone else or not. If he had problems with you, he will certainly have problems with any other woman he meets. And he'll probably begin to realize how hard it is for him to create a new relationship from scratch.

You also have this program. Most women don't. And the women who do read and listen to other dating advice are almost certainly learning manipulation tactics.

The good thing about this is that manipulation is short lived. It is very unlikely that anything lasting will come from him getting together with someone else.

If he's found another women, it becomes even more important that you go through each phase exactly how I outlined it here. Don't try to compete with her. Don't talk badly about her. Accept that this has happened and keep moving forward.

When he begins talking to you again, it's very likely that she'll freak out about it and cause a lot of drama when she finds out. Again, don't bad mouth her or talk down about her. She's figuring things out the best she can.

And believe or not, you're probably in a better position than she is. If she's going to compete with you, she not only has to keep her cool but also build a deep emotional connection with him very quickly.

Having dated a lot of women in my life, I know that this is extremely rare and highly unlikely. She's much more likely to screw things up quickly and give you a great opportunity to connect back with your ex.

I'm having a hard time getting through Phase 1. What should I do?

Get out of the house and start socializing. Get involved in things and get out of your head. If you're sitting around analyzing what happened and figuring out ways you can skip Phase 1, you're going to screw everything up!

Refocus your attention on other things. Avoid alcohol and other drugs. Be proactive in your own recovery from the breakup.

This is probably the most important thing that you can do if you want to get back with your ex. You need to stick to what I tell you to do in Phase 1.

If he happens to contact you before Phase 1 ends, that's great. If not, stick to the plan! It's worth it, I promise.

What if I contact my ex during Phase 1?

Then you have to start all over again at the beginning. You have to really be strict with this. This isn't some arbitrary rule that I just made up out of nowhere.

Phase 1 is designed to be the foundation for the rest of this program. You need to get yourself back together. What is outlined in that phase is the best way for you to do that.

The reason these phases exist is because I've studied and looked at what others have done who have gotten back with their ex's. If you want to get back together with him, you need to follow in the footprints of others who have succeeded before you.

Should I still get back with my ex if he cheated on me?

What are your friends and family telling you? If want to get back together with him simply because you have feelings for him, you can get that feeling with someone else.

There's no point in getting into the same emotionally abuse relationship you just got out of. There's nothing healthy about that.

People can change. It's just that most people don't. Statistically speaking, if he cheated on you once, he's going to do it again.

Don't let someone tell you that they're going to change for you. Change that someone does for someone else, never lasts.

He has to change because he wants to change for himself, for his own personal, selfish reasons. If he changes just because he wants to be with you, he will most likely revert to his old patterns of behavior.

What if my ex won't talk to me even after Phase 1?

Give him some more time. He may just need time to cool off and let go of whatever he's holding onto.

Sometimes, it takes a little while for some guys to get over things. Men tend to be a bit stubborn about stuff like this.

Just give him some more time and try again in a month or so.

On the other hand, if he told you something like, "I NEVER WANT TO TALK TO YOU AGAIN!" or "It's over, leave me alone!"

Stop contacting him and move on with your life.

Even if you could get him back, it won't be worth it. You need to respect what other people want for themselves. Why would anyone respect what you want if you don't respect what they want?

Give him some space and let him get his emotions back in order.

What if he asks me if I've seen or slept with other people? Should I tell him?

Yes, be honest with him. Don't do it to throw it in his face or attempt to make him jealous. However, honesty is the foundation to a healthy relationship. Always be honest.

If you aren't back together with him, and you don't want to tell him, just let him know that this isn't an appropriate question for him to ask.

Although, if you haven't been seeing or sleeping with anyone else, there really isn't any reason to hide it. You can always just tell him that you've been obsessed with the stuff you've been doing and haven't really thought about it.

This is actually a good position for you to be in because it shows that you're not needy or looking to just get back into another relationship. Getting into a relationship because of neediness or desperation is very unattractive.

What if I see my ex every day?

Don't avoid him. Don't spend a lot of time talking to him. Be professional and courteous and nothing more.

Don't spend all of your time thinking about or focusing on him either. Try to focus as much as you can on your work. And if you have a lot of downtime, get something that will help you stay busy during that downtime.

The more you can focus on something else, the less you'll think about him. And the more you focus on other things the less you'll feel the horrible feelings you get when you when you think about him.

Should I get back together with my ex if I want to get married and he doesn't?

There's a whole list of reasons why two people should NOT get back together. Marriage is definitely one of the things on that list.

If he doesn't want to get married and you do, that probably won't change. You may have this fantasy in your mind that he'll love you so much that he'll want to change for you. This rarely happens.

And if it does, there's usually a lot of resentment that comes along with it.

The class of things that we're talking about here are your *deal breakers*. Deal breakers are things that cannot be negotiated by yourself or your partner. They're things that end the relationship.

These are typically things like wanting kids, marriage, finances, or something else that each person might take very seriously. If you're unable to accept what he wants and what he doesn't want, this relationship isn't for you.

If it isn't a deal breaker in your eyes or in his, then it is something that can be worked through. However, deal breakers are different for different people. A deal breaker for one person might not be for another.

This is important that you figure this out because it will save you a lot of heartache in the future. And getting back into a relationship with known deal breakers is a recipe for disaster.

What If It Has Been a Long Time Since We Talked, Can I Still Get Him Back?

The short answer to this is, "Yes."

The bright side is that you have history together. Even if some of that history was a bit shaky, you still have an emotional connection.

Someone in my family got back together with her ex after 10 years of being apart. If she can do it, you can too!

Part 2:

Advanced Techniques and Strategies

Phase 1: Build Yourself Back Up

What I'm about to say is something you probably don't want to hear. Yet it is more important that you do and pay attention to what I'm about to say than any other part of this program.

In fact, your willingness or unwillingness to do this will have more of an impact on whether you get your ex back than anything else you could do.

And it will definitely play more into whether or not your ex stays with you once he's back than anything else will.

This also tends to be the one thing that most women skip and the cause for what will push him further away and prevent you from ever getting back together with him.

Are you ready for it?

Are you sure?

Okay here you go. It is this:

You must cut all contact until you get your life back together.

Since you're going through this program, I can assume that you're probably hurting right now. You feel like your heart has been broken into pieces and you just want everything to go back to how it was.

Unless you build yourself back up and create a foundation from which you can start a new relationship, things will almost certainly fall apart again... if you can even get him back the way you currently are.

In order to do this, you need to cut all contact with him. Give yourself *25 days* of no contact so that you can work on yourself. This is extremely important and cannot be overlooked.

Give his phone number to a friend and tell that friend you don't want it back for 25 days.

Why 25 days?

This is the average amount of time that most people need in order to let go and surrender themselves to their current situation so that they can move on with their lives.

25 days is the minimum amount of time you should break contact.

And I know that you don't want to move on. You want him back. But in order to create a new relationship that he's going to want to be a part of, you need to move on.

That's right... **You need to move on in order to get him back.**

There are a lot of reasons for this. The most important one is that if you feel like you still need him, he'll feel like he's trapped with you.

This is the essence of neediness. You need him. You need something from him. And one of the biggest fears that most guys have is that they'll be used by you to fulfill a need that you have.

When you're needy, you suck the life out of the people around you. You're constantly trying to get approval. And when you don't, you blame the other person for this.

The classic example of this is expecting a guy to constantly tell you how beautiful you are. If you need him to tell you this, it will repel him... push him away... make him disappear... get him to run for the hills... you get the idea.

However, if you tell him it's really attractive when he says those things to you, he'll want to do it instead of feeling forced to do it. And the difference in feeling a desire to do something and feeling obligated to do it are huge.

If you haven't figured it out yet, most men care a lot about freedom. If you don't know what I'm talking about, go watch the movie Braveheart with Mel Gibson. You'll learn all about how important freedom is to men.

If he feels like he's obligated to you or obligated to do something for you, he'll feel like you're taking his freedom away from him. Men aren't afraid of commitment... they're afraid of losing their freedom if they commit to someone.

If you can allow him to have his freedom AND give him a reason to desire the things that you desire, he'll want to be with and around you all the time. He'll be the one suggesting that he do things that you want him to do.

It's all in the difference between desire and obligation. And creating this switch in his mindset can only be done when you let go of your need and come from a place of want instead.

How Do I Stop Being Needy?

In order to get rid of your post-breakup neediness, you need to get your life back together.

A lot of women lose themselves to a relationship. They give the relationship all they've got. They let go of everything else they're doing and end up having little to nothing outside of the relationship.

While you might think this is a noble gesture, it's extremely unattractive to men. A man feels like you're a lot more valuable to him if you have your own life, separate from his.

He might not say this to you. In fact, he might even tell you something different. But this is how he feels. And his feelings are much more important than his logical responses.

If you want him to want you in his life, you need to break free from desperation and neediness and come from a space of wholeness, abundance, and unconditional love.

Follow Your Natural Curiosity

If you want to have your own life, you need to have a passion that you're involved in. Having a passion that is solely yours makes it so that you always have something separate from the relationship. You have something that is completely yours.

If you share this passion with someone else, they are coming into your world instead of you joining theirs... or just letting go of your world in order to create some type of mixed world between the two of you.

Having your own passion is essential to creating a healthy, mature relationship with a quality man. It is necessary in order to really build a committed relationship that works.

Between when I was a men's dating coach and when I became a women's dating coach, I was a passion coach.

I led seminars, workshops, and wrote books on the topic of passion. I was a motivational speaker and spoke to audiences with thousands of people in them about how to find their passions.

One of the best and simplest techniques I've ever heard about finding passion came from a friend of mine named Tom McDermott from *Ignite*. He says to follow your greatest natural curiosity.

We start out having a curiosity about something. Eventually, as we get more involved in it, what we were once curious about we soon become interested in. Then we become fascinated.

And eventually, it becomes a passion... something that makes us feel alive when we're doing it. Our interest in it becomes more specific and we begin to like and dislike certain aspects of it.

Whether you get that involved in something or not is unimportant. What is important is that you get something that is yours... something that you can bring to the relationship, yet have it as your own thing that you keep.

This will prevent you from losing yourself and needing the relationship because the relationship becomes all you have.

What are you curious about? What have you been curious about in the past but let go of because of work, school, or a relationship?

Find something that you're really interested in and pursue it. And if you don't have anything, go out and start doing things you've never done before. Try stuff out. Get involved.

This will help the 25 days go by a lot faster and you'll end up in a much better position because of it.

What Else Should I Do During This Time?

You need to get your life back together. Regain your power. Heal your wounds. Reestablish that sexy part of yourself that he was irresistibly attracted to in the first place.

Start by cleaning your life up. Many times, just cleaning up your home can be a really good start to this. It makes you feel fresh and centered.

Take care of things that you haven't taken care of for a while. Do errands and get your life back in order as much as you possibly can.

A lot of women find that getting a new hairstyle or a makeover can really help jumpstart this process.

Start exercising and eating well. This can have a huge impact over how you feel and what you think of yourself.

Go out with friends and get involved in something. Join some type of volunteer activities where you meet people and get to have an impact on the local community.

Get Clear on Why You Want Him Back

In addition to clearing up your neediness, it's important to get clear on why you actually want to get him back.

Many times, once a woman has really healed and gotten her life back together, she realizes that she doesn't want her ex back. Whether this happens to you or not is unimportant.

What is important is that you have a strong desire to get back together with your ex, for reasons that are selfishly yours. If your reasons to get back together aren't as important to you as the reasons the two of you broke up, it will be very challenging to motivate yourself to get through this phase.

What is your reason for wanting him back? If you want him back simply to make yourself feel better, you're going to have a hard time thriving in Phase 1. You need to have a reason or several reasons that really motivate you to get it together.

What Needs to Change in Order to Get Him Back?

Usually, there's a shift that needs to happen in order for someone to be ready to get back with their ex. This is absolutely essential to the process.

What is the source of the negative emotions that the two of you have between each other? Are you attempting to change him, fix him, or improve him in some way?

A lot of women get stuck because they think a man should be a certain way that he isn't. It might be that you need to accept him fully for who he is in order to get around this.

It could be that the two of you argue all the time. This might have to do with your desire to be right.

I'm always fascinated and surprised when I meet people who are so excited about being right. This is very childish and can cause massive damage to a relationship.

I have a mentor who would constantly tell me, *"You can either be right or have a good relationship. Not both."*

In my experience, this is absolutely true.

Another possibility is that you blame the other person for the problems that you have in your relationship. There's nothing worse than blaming someone else for how you feel or how you act.

This is another relationship destroying technique. If you want healthy relationships, you need to take responsibility for yourself, how you feel, and what you do.

What change needs to happen in order to get back together with your ex and keep him? What grudges do you need to let go of? What anger do you need to get through? Do you need to forgive him or yourself?

What needs to happen in order to prove that things have changed?

Maybe you need to start having more peaceful or enjoyable conversations. Maybe it's spending time together and talking like you did when you first met.

Whatever it is, this is essential to this phase. If you want to get him back, you need to shift away from what created all the pain and negativity in your relationship and move towards peace, health, and prosperity.

It is only when you make this shift that creating a new relationship will really be possible.

What if He Contacts Me?

Great. If he contacts you, that's exactly what you want. Go ahead and answer the phone (or message).

Just let him lead the conversation. And if you start to feel too emotional, feel free to let him know that you have to go.

You don't want to play games here but also don't get too excited unless he says he wants to work things out. He may just be trying to fill a void that he feels at this point after the breakup.

This could mean a lot of things and you might want to wait to find out what it is that he actually wants from you.

If he wants to meet up with you, great. We'll talk more about how to approach the meetup in a future chapter.

However, if he says that he wants you to come over to his place or he wants to come over to yours, I suggest that you do NOT do this. It's very possible that he just wants a hookup from you.

If this is the case, you may just end up as a casual relationship for him. If you don't want this to happen, don't meet up at either of your places.

You need time to build the relationship again and you won't be doing that while you're having sex (I know people who have attempted this and it doesn't work).

During Phase 1, you're going to heal your wounds. And while you do this, your ex is going to heal some of his wounds and anger and frustration as well.

He'll begin to feel a sense of emptiness and space that used to be filled with something that you brought to the relationship. This is exactly what you want. You want him to desire that intimacy with you again.

There's no way that he can ever feel this if you don't break contact for at least 25 days. If you can manage the 25 days and build your life back up, you'll be in an extremely good position to contact him again, if he doesn't do so with you.

Phase 2: Establish the Connection

How do you know you're ready to move on to Phase 2? Did you wait at least 25 days? Do you feel like you want your ex but don't need him? Are you emotionally in control?

Great, wait one more day.

Why?

Because if you don't feel like you can wait one more day, then you're not ready yet.

After 25 days of building yourself back up, you can wait one more day.

If he hasn't contacted you yet, you'll want to contact him. I suggest sending him a text message or an email, whichever he's more likely to respond to. But don't send both at the same time.

Did you recover from the breakup yet? Did you go out with friends? Did you find a passion or hobby to get involved in?

Make sure you can answer "Yes!" to all of these questions before proceeding further. If you can, congratulations! You're ready to begin establishing the connection with your ex again, if he hasn't contacted you already.

You'll want to start out the communication slow and gradually increase the amount of communication you have with him.

At this point, he's starting to feel an emptiness that he's going to want to fill. Even if he ends up getting together with another woman, don't worry about it. This is just a temporary thing for him.

He's doing this because he wants the intimacy that the two of you had but is afraid that if he contacts you again, whatever he didn't like about your relationship will come up for him.

You're going to sidetrack this by contacting him without any agenda other than to simply make him feel good. We'll talk about what this looks like in a minute. But first...

Let me tell you what this is not about.

This is not about apologizing for what you think you've done wrong. This isn't about meeting up with him. This isn't about proving to him that you've changed or things are different.

You're simply contacting him to establish a connection. You're making him feel good without investing anything into a conversation.

In fact, you don't even need him to respond. One of the reasons I like text messaging so much is that they always get read.

How often do you see a text message and don't read it at all? I read every text message I get... even if it's from someone I don't want to talk to.

I delete emails that I don't want to read all the time. Not with text messages though. I read every... single... one.

And I'm guessing he's the same way. In fact, most people are.

If he attempts to move things forward too quickly here, you be the one to put on the brakes and slow down a little bit. You need to set a foundation.

Also, avoid sending messages to him in the middle of the night unless you want to end up as a booty call. Sending messages at night means that you want a hookup. So unless he begins his day at night, I suggest you avoid sending late night messages.

Important: This phase could last anywhere between 1 and 5 weeks. And you're not looking to get anything from it.

You're just sending him nice, happy, positive messages that have little to do with your previous relationship and more to do with making him smile.

In fact, you only want to send a text once every three days or so at first. If he responds to you, great. But unless he specifically asks you a question in his response, don't send him another message for a few days.

You're not doing this to play games or manipulate him in some way. You're doing it this way because you're easing into a conversation that you'll eventually have with him.

It's like when a cat or dog gets really scared because you were yelling. You might have to bend down low, stick your hand out, and offer it a treat. That's what you're doing with him... giving him a little treat (not that men are like pets but you get the point).

You're not just sending a text to contact him though... you need a good reason why. And you want him to feel good about it. So any message where you don't say anything meaningful should be removed from your message vocabulary.

Think to yourself, "Will this make him smile?" If the answer is "Yes!" send it. If the answer is "No!" don't send it.

What If HE Sends ME a Negative Message Back?

Just allow him to vent. Don't apologize. Don't fight it. And please... please... don't argue with him.

Arguing with him at this point will destroy everything.

If he's really persistent in wanting to talk about his anger and frustration with you, let him vent. And if you respond at all to him, just go with what he's saying.

Go with the flow. Agree with what he says even if, and especially if, you want to argue or fight against what he says.

If you resist his frustrations, they will only grow bigger. You need to accept and let his frustrations come out and fly by.

So What Should I Message Him?

Message him about things that are associated with what he's into. If he's into cars and you see a car that you know he'd like, you could say something like this...

"I just saw a red Mustang and it reminded me of you. I bet you would have loved it! :)"

You want to keep these messages short. Like I said, you just want to make him smile.

If he's into steak, you could say...

"I just saw this new steak restaurant by third ave. I heard it's really good. Just wanted to make sure you knew about it. :)"

This shouldn't be complicated. Just say something simple, positive, and that has a good chance to make him smile.

Do this once every 3 or more days, even if he doesn't respond back. You're just establishing the connection again.

And if you do this the right way, it will establish a connection and make him feel positive emotions associated with you.

After a few times of doing this, he should start to respond back to you. If he comes on too quickly, remember to slow things down and pace the connection.

It's much better to go slow than to go fast in this situation. Remember, you're not inviting him out anywhere. You're not suggesting that the two of you do anything or that you get back together. You're not sending him a bunch of messages in the same day.

You're simply establishing a connection, letting him know you're thinking about him, and making him smile with your positive thought.

You want him to start associating positive feelings with you again. That's why you can let him vent to you about things he's upset with.

A lot of times, guys just want to feel like they're being heard. That's why arguing right now is so toxic to making this work out.

If you argue, you're basically telling him that his concerns and his frustration aren't valid. And if you do that, he'll hold onto them until he feels like he's being heard.

Once he begins feeling those positive associations with you again, he'll be primed and ready to have you build the connection back up with him.

Phase 3: Build the Connection

How do you know it's time to move on to Phase 3? He starts messaging you back. He does so in a positive way, sending you messages that indicate he has some type of interest in conversing with you.

If he's doing that, congratulations! You've gotten past the hardest part so far. Without the other two phases, this phase is meaningless. There's no way you can rush things so don't even attempt it.

If you attempt to skip a phase and things blow up on you, start over at the beginning, in Phase 1.

If you've successfully moved past the other phases, great. Proceed.

At this point, you ex is now associating positive emotional feelings with you again. This will make him curious and somewhat intrigued.

He probably expected that you would act how you normally act with him... whatever that is. But you're showing him a new face. You're connecting with him in a positive way that is completely unexpected.

Next, you're going to start building the connection with him. You're going to make him feel more than just positive emotional associations with him. And we'll get to that in a moment. First...

Let me tell you what this phase is not about:

This is not about asking him to get back together with you. It's not about bringing up past wounds and talking about them.

This isn't about apologizing for things you think you've done wrong. It isn't about probing what is going on with him and trying to figure out whether he's seeing someone else or not.

Instead, you want to build the connection that you've already established by doing two specific things.

We'll talk about what those are in a minute. First, I want you to know that this could be used over whatever medium you feel most comfortable with.

This could be over email, text message, or phone, whatever works best for you. I suggest that you don't meet up yet though. If he attempts to get you to meet up with him, push the meetup out at least a week or so.

This will give you time to build that connection with him. And if he's pushing for the meetup, you'll create some additional anticipation by pushing it back a little.

Again, don't do this to be gamey or manipulative. You're doing it to give yourself some time to build the emotional connection with him again.

He needs a good pat on the back, a belly rub and maybe an ear scratch before he's ready to lick your face and wag his tail about you again... not that he's a dog... you know what I mean.

This phase can last up to two weeks or more depending on how much contact you have with him and how quickly he pushes for the meetup, if he pushes for it.

Like I said before, you're going to build the emotional connection in two different ways. The first is... Drum roll please...

The Time Machine Texting Technique

The first way you're going to do this is through the use of nostalgia... also known as past, positive emotional experiences between the two of you.

In fact, the experiences you choose don't even have to be all that positive. You just have to make them seem really positive as you walk him through them.

To do this, you're going to pick an experience from your past and talk him through it, leading him through your Positive Emotional Experience Perspective (PEEP).

More than anything, I just thought it would be fun to have an acronym in this program.

But seriously... You want to pick something he feels a strong positive emotional tie to.

If he were to pick an experience from your past that the two of you enjoyed together, what would he pick?

At first, you don't want this to be sexual. It can be after you've built the connection a little bit more and you know he's responding well to you. But first, it's best to start out romantic.

You'll want to lead him through some type of emotionally charged experience that the two of you share.

Start out by saying, "Remember that time..." Then lead into the experience the two of you had, making sure to hit all of the emotionally charged points in it.

What if I Don't Have Any Great Experiences That I Can Think of?

Well, first off... that's a problem. You need to start having some positive emotional experiences with the people you date.

Why would he want to get back together if you don't have positive experiences from your past?

Anyway, the way you get around this is to make whatever experiences you had together *seem like* they were really great. Or just take some experience you had that you thought was really great and walk him through it.

Note: Just about any experience that you had where it ended in playful, passionate sex is a great experience to bring up... even if you don't bring up the sex part of it.

If you lead him through the experience to the point where you had sex... even if you don't mention the sex, he'll think about it in his mind and might even bring it up himself.

Present Positive Change Technique

The second way you'll want to connect with him is through the positive life experience that you're currently having. This is another reason why Phase 1 is so important. You should be creating awesome experiences in your own life that you can talk about.

Have something new that you're doing and tell him about it. Have new friends, have new experiences and tell him how much fun you're having and tell him you think he'd enjoy it too.

Talk about a new book you've been reading that's changed your life. Talk about the natural curiosity or passion that you've gotten involved in and how it's shifted your perspective on the world.

When you talk about stuff like this, it will psychologically make him think you've made a radical shift in your life. He'll feel like you've changed.

That's exactly what you want him to feel. You want to connect the old emotions with the new shift in change that you've created in your life.

There are a couple different ways that you can bring this up. One thing he might do is start asking you about what you've been up to. That's a great time to tell him about whatever this new change is in your life.

Another way is to just offer up the information. Let's say you started taking a cooking class. You could tell him that you need to get going because you're taking that class and you want to be prepared for it.

Then you just tell him about how much of an impact it has made on your life and shifted the way you think about things.

During this phase, he'll begin to let go of that past image he had of you and start reshaping the way he feels when he thinks about you.

At some point, he's probably going to want to meet up with you. That's a great sign that you're moving forward.

We'll talk more about what to do with that in the next chapter.

Another good sign is that he starts engaging in real conversations with you or attempting to at least. Some men aren't super responsive but that's okay too.

What If He Brings Up Past Wounds

When I was in college, I was a mixed martial arts fighter. We had this instructor who was a gold medalist Judo fighter.

He would come in every once in a while and show us some cool, kick-butt Judo techniques that would really throw our opponents off guard.

I ended up picking up a couple of his moves because they were so effective against people when I would fight them.

The key to Judo is to take the momentum of the person who is attacking you and to flow with it. So if someone runs at you, instead of stopping them, you might push them faster in the direction they're running so they become off balance and fall over.

This is an overly simplified and hard to describe technique but I think you get the point... when someone is attacking, you go with their energy to diffuse it.

If he attempts to bring up the past in an angry way, remember what we talked about before. Just go with the flow. Agree with whatever he says.

Don't argue! If you go with the flow, even if it sounds like he's attacking you, you'll defuse his anger like a Judo master.

Fighting whatever he says will never work. It only will make him think things haven't changed. Pretend like his anger is directed at a different relationship he had with someone else.

If you started dating a guy and he brought up a bad experience from another relationship, you wouldn't start arguing with him about whether he was right or wrong, would you?

Hopefully you wouldn't. You'd probably just go along with what he was saying like...

"Yeah, she sounds like she sucks. It's good you're away from that!"

You want to treat this like you're creating a new relationship. And the problems you had in the past were from another relationship.

Believe it or not, him getting angry with you is actually a good thing. It shows that he still cares about you. There's no reason to get angry about something when he doesn't care about it.

Once you start building the connection and getting him invested in the conversations you're having, then he will be ready to meet up with you again.

Phase 4: The Meetup

How do we know that we're in Phase 4? At the bare minimum, he's responded positively to what you did in Phase 3. He's investing in the conversations by actively participating in them.

He may or may not be timid about asking to meet up with you at this point. If you've gone a couple weeks in Phase 3 and everything has gone well and yet he hasn't mentioned meeting up, you'll want to suggest some type of a meetup.

If he has, fantastic! It's time to meet up with him.

At this point, he's feeling positive associations with you. He's intrigued by how different you're acting with him. You haven't been needy or desperate.

You have created your own life outside of him. You're not arguing and instead are focusing on making him feel good.

He thinks something might be different. He's curious to learn more. And since you're his type anyway, he's sexually interested in you.

He probably thinks that there's no harm in getting together to see if you're being authentic or just pretending like things have changed. But since things HAVE changed, this won't be a problem for you.

Before we talk about what to do when you meetup, there are some places where you don't want to meet up with him. Don't meet him at either your place or his place. This is ALWAYS a terrible idea.

This phase is not about sleeping with him. You can get to that but you're not going to do that on this date if you're smart.

Why?

Because if you haven't properly built a deep emotional connection with him yet. It is very possible that he'll just want to see you casually.

And by that I mean a "friend with benefits"... a hookup buddy... a person he has no intention of being with over the long term.

You don't want this. You want him in a long-term, emotionally charged relationship. And there's one very important element to experiencing this...

I'll talk about that in the next phase. But if you want that type of a relationship, you need to do certain things here.

You also don't want to do some type of fancy dinner. Going out to a fancy restaurant can create an awkward situation really quickly.

Just don't meet at nice restaurants for dinner or at either one of your places. Outside of that, you can really meet anywhere. The ideal situation is to meet somewhere you can have a light, fun conversation and talk with each other.

Create Sexual Attraction

First, you need to ramp up his sexual desire for you. This shouldn't be too difficult. If you were his type once, you're probably still his type now.

When you show up to this "date" you want to look attractive. This doesn't mean you should look like a stripper (unless you always look like a stripper... then just keep on being yo' bad self).

Show up looking attractive. Make yourself look good but don't go too overboard. You want him to look at you and think to himself, "Damn! She's lookin' good!"

Yet sexual attraction is a lot more than just physical attraction. Although, physical attraction is important and essential to this whole process.

You also want to flirt with him. A lot of couples stop flirting with each other once they get into a relationship. This is never a good thing.

You always want to flirt with him as long as you're together. Flirting never gets old. And if you want to make him feel attracted to you, flirt.

Be fun. Be playful. Get a little out of your comfort zone. Avoid serious topics unless you can tell he's really into it.

Stay in your emotions. This is essential to connecting with his emotions. And even if he doesn't act like he has emotions, he definitely does.

Tell stories about the new people you hang out with. Tell stories about the new things that you're doing from Phase 1.

If he says something in an attempt to impress you, be admired by him. Find out what he's working on and support him in it.

If things start to get dull or boring, go on a walk with him. Do something spontaneous and add a little variety to your lives.

Again, avoid talking about subjects that have any negative emotion that's lingering between the two of you. You want him to have a good time and feel excited to be around you.

Keep the date short. And if at all possible, end things on a high note. Also, don't suggest meeting him again after the date. Just tell him that you had a really good time and wait to see if he suggests something.

Getting Physical

If he's touching you throughout this date, that's a great sign. You can do a few things to encourage him to touch you some more.

First, don't let him be all over you from the start. You need to pace the escalation of getting back together in order to create the type of relationship that you want.

However, if he isn't touching you, you may want to touch him, just ever so slightly. One of the ways to do this is to hug him when you first meet up. Friends hug. You hug. The two of you hug.

There's nothing weird about that. And getting close like that to you should make him feel really good. And if you happen to be wearing a perfume or scent that he likes, even better.

You can also do playful, teasing touches like bumping into him or pushing him. If he's enjoying himself and wanting to touch you but doesn't think it is appropriate, he'll continue this type of playfulness so that he can keep touching you.

Through meeting up with you, the new perspective that he has about you will start to become solidified in his heart and mind. It will give him sexual motivation to get back together with you as well.

Important Notes

So here are some important takeaways about this first meetup:

1. **Have fun and be playful.** Be spontaneous, tell stories, and build his attraction for you. You should know what he likes and dislikes because you've been with him before. If you don't know how to build attraction like, I have plenty of resources on my website.
2. **Keep the date short...** have something to go to afterwards. End things on a high note. And whatever you do, don't go back to his place or let him go back to yours. This is not what this date is about.
3. **Encourage Physical Touch.** If he isn't touching you, you can encourage this behavior by touching him.
4. **Admire him and believe in him.** Find out what he's up to and encourage him in whatever it is that he's doing. Appreciate him for who he is and what he's about.

If everything goes really well on this date, he'll almost certainly be asking for another one. And that's what you're looking for.

Phase 5: Pacing the Relationship

Alright, Phase 5. How do you know you're in Phase 5? He asks you to meet up a second time. Generally, if he doesn't ask you to meet up a second time, that's a problem.

You know that he's into you because he contributes to the relationship. **A man commits to a woman because of how much he puts into a relationship**, not because of how much you put into it.

Refrain from giving to him or giving to the relationship too much until he begins giving to the relationship. He needs to show he's interested and pushing things forward. If he isn't doing these things, you need to wait until he is doing them.

It's a natural tendency for a lot of guys to sit back and allow someone else to take the lead when they're willing to do so. But if you do this... if you start planning the dates, taking him out, pursuing him, he won't feel invested in the relationship.

And you're not going to make him invest. If he wants to, he will. If he doesn't want to, he won't. If you successfully did what we talked about in the previous phases, he will want to invest again in the relationship.

At this point, his intrigue and curiosity have turned into sexual lust and a superficially bonded connection. By superficially bonded, I mean that the deep emotional tie isn't quite as strong as it needs to be.

Fortunately, this is easy to overcome since you have history together. Think of the emotional connection that you have together like a bank account.

You might not have a lot of money to put into it immediately... but if you keep putting money in, time after time, eventually he'll be filled with emotional currency that will keep your relationship golden.

Since you have already had a relationship together, you can transfer funds from your account into his. But you'll still need to continually put money in if you plan on retiring on it.

And again, if you're just putting money in, he'll only feel like it's your bank account, not a shared one. He needs to invest if he wants to feel like he has ownership in it.

Let Him Win You Over Gradually

If he's pushing things forward by touching you, giving you sexual innuendos and wanting to spend more time together, that's exactly what you're looking for. The key to all of this is to pace things out slowly.

Guys tend to push things to see how far they can go quickly. And this can be tempting to get back together with him immediately. However, you need to slow things down.

Remember: This is a new relationship that you're developing. Would you just hop into bed with a guy that you just met? If you do jump in quickly, you'll probably end up with something casual... even when you're with your ex.

You need to pace the progression of what happens by waiting until you've developed a deep emotional connection with each other. And by deep emotional connection, I don't mean that initial feeling of chemistry.

I mean the feeling that comes from taking the time to share with one another what's going on in each other's lives. Being vulnerable and talking about your passions and aspirations in life.

Being that you already know each other, hopefully, you've talked about this stuff before. If so, you have an advantage because you can ask about things that are going on with him that he might not normally talk about.

Find out what he has going on in his life. Be admired when he attempts to impress you with accomplishments. Let him lead and move things forward.

You need to open a space for him to come into your life. Don't let his initial advances fool you into thinking you're back together already. He still needs to invest in you. He still needs to lead the interaction. You still need to develop things slowly so that you have the time to build that connection back up.

Is He Looking to Provide for You?

A guy is invested in you when he attempts to provide and protect you. That's the natural role that men take for women who they care about. Providing comes in many forms from giving advice to leading the interactions and being a man for you.

Protecting looks like getting upset when he thinks you're threatened in some way. It looks like walking on the outside of the street when you're both walking down the street. It looks like taking care of you like a gentleman would take care of a lady.

Even if that's not the way you want to be treated, he should be making attempts at this if he really likes you.

When to Get Physically Intimate Again

Before the two of you get physically intimate with each other again, you need to have a conversation about getting back together. And you need to show him that you have standards and boundaries.

If he tells you he doesn't want anything serious, **DO NOT SLEEP WITH HIM!** You need to respect what he tells you. And you need to respect yourself enough to not get involved in something that's only going to end in you being hurt.

And you cannot assume that you're back together if you don't have this conversation. In fact, you can assume that he's still looking and doesn't want anything serious if you don't talk with him about this.

Let him know that if he wants to get physically intimate with you, he needs to step up and be in a relationship with you. Otherwise, tell him that you like him and can remain friends but that you won't sleep with him.

You're not looking for a one time sex buddy. And you're not looking for a long-term sex buddy. You want something more than that. The only way you're going to get it is to keep and maintain your boundaries.

Ask him what he wants. If he doesn't know, don't sleep with him. If he isn't certain, don't sleep with him. If he tells you that he wants anything other than getting back together, don't sleep with him.

You will destroy everything that you're doing right now if you sleep with him before he explicitly says that he wants to get back together with you. Also, don't lead him on in the conversation.

A lot of women end up getting hurt because they're say things like, "So, you want to get back together then?" And then he mumbles a "uh huh." And she thinks this is him saying that he wants to get back together. It is not that at all.

He needs to say that this is what he wants. And if he doesn't say that, you have to move on. You don't have time to waste with a guy who is only going to take you for granted.

You want someone who is going to be there for you. You want someone who is going to be invested in you. You want someone who is going to step up and be the man for you in your life.

Accept nothing less. And let him know that this is what you need in order to get physical with him again. If he doesn't want that, he won't like what you're saying. But at the very least, he'll respect it... even if he throws a tantrum.

On the other hand, if he does want to get back together and he does want this, he'll feel like you value yourself and he'll begin to value you a lot more. This is what you want.

You need to create the foundation for a positive relationship that will last. The only way that you can do that is to have boundaries and respect yourself enough to maintain those boundaries.

Again, this phase is all about pacing what goes on. You're not doing this to play games but to ensure that you create a deep emotional connection that will bond the two of you together and last.

Let him win you over. Let him lead for you. Let him invest in the relationship. Those are the things that will make him feel like he wants to be with you.

And at this point, if he wants something more, he'll be excited to step up his game and begin giving to your relationship as I described here. If he does, congratulations! You're on your way to having your ex back!

The Biggest Mistakes Made When Using This System

Here are some of the biggest mistakes that women make when getting back together with their ex's. Making mistakes isn't the end of the world

Mistake #1: Rushing Through the Phases

There's nothing that will sabotage your success in getting your ex back more than rushing through the phases. If you're rushing through, that's because you're desperate and you need to start back over at the beginning again.

Your desperation will stink the air and repulse your ex. It'll ooze out in your text messages and echo through your conversations on the phone.

Take your time. This isn't a race. You don't get brownie points for the fastest time. You can still get your ex back weeks, months or even years after you've broken up with him if he still have feelings for you.

The two of you had something special together once. If that's true, it will be lingering in the back of his mind and still permeating deep within his heart. Rushing through the phases will only hurt you.

At the beginning of each chapter, I tell you how to know if you're in the next phase or not. Don't over complicate it. Don't over analyze it. Just look for the signs. If they aren't there, you need to do some more work. If they are, great, keep moving forward.

Mistake #2: Not Having Boundaries

You got this system because you want your ex back. You don't just want him for sex or as a friend... you want a relationship with him.

What your ex wants is a beautiful, amazing, sexy woman who pushes all of his buttons and makes him feel like a king. He wants a woman who loves and respects herself enough so that she won't put up with people who treat her poorly.

I would never condone or tell you that it is acceptable or appropriate for someone to treat you badly. However, you teach the people around you how to treat you. And people (specifically men in this case) tend to push the limits of what they can get away with.

If you let them take advantage of you, many of them will even if they don't really want to. If you create conscious boundaries and maintain them, people will respect you and your boundaries much more readily.

The degree to which you're willing to set and maintain boundaries is the degree to which you value and appreciate yourself. So value and appreciate yourself to only accept back into your life a man who is worthy of you.

The way to do this is through having boundaries. Boundaries are the conscious creation of the limits to which you're willing to accept and to which you're not willing to accept. They're called "boundaries" for a reason.

If you decide that you only want a long-term relationship, you need to value yourself enough to not get sexually involved with a man who has no interest in developing a long-term relationship with you.

Most men will just tell you. Your ex will tell you what he wants. And if he's not willing to tell you what he wants, that's because he knows what he wants isn't what you want. And if that's true, you don't sleep with him.

You can save yourself so much trouble and heartache in your life if you create and maintain boundaries that only allow in what you want. This will also save you a lot of stress and frustration.

Mistake #3: Having Desperation, Neediness and Insecurities Drive You

Phase 1 is all about putting yourself back together. If you were never at a space where you felt whole and complete as a woman, keeping a man in your life is going to be challenging no matter what system or techniques you have.

No amount of techniques will make a quality man want to stay with a woman who needs him to fulfill her. You need to develop your independence as a woman, if you haven't done so already.

There's nothing more attractive to a man than a woman who wants him but doesn't need him in her life. That's not to say that you should be so independent that you don't have a space open for a man to come into your life.

If you feel like you need him... if you constantly think he's judging you or that he doesn't think you're good enough, you need to work on and develop your self-esteem and learn how to manage your insecurities.

There's nothing that will make a man run faster than a woman who constantly needs him to make her feel better about herself. I'm not saying that you shouldn't go to people for support or that you don't want someone who will build you up and help you feel good when you're down.

But if you're always down and always need someone to rescue you, men will grow tired of this very quickly. Men like to come to the rescue unless they feel like they ALWAYS have to come to the rescue.

It's like going to a bank for a loan. If you go to a bank when you desperately need money, they won't give it to you. It's not because they're heartless swine... although they may be.

The reason they don't give money to people who desperately need it is because they know the likelihood of getting that money back is very low. They know that if you are really bad at managing money, you'll constantly need money. You'll just suck money from the bank.

And instead of doing something intelligent with it, you'll just blow it on something stupid. They want to work with people who use their resources wisely. They want to have a relationship with people who can take that money multiply it or at least pay it back at some point in the future.

It's the same with having a relationship with anyone. If you suck the life out of people and are constantly taking from them, only to always need more, no quality person is going to want to be in a relationship with you, let alone a man.

You need to become a woman who can fulfill her own needs. You need to become a woman who gives herself everything she needs in order to be happy, loving, and excited in her own life.

If you want to keep a man, this is one of the most important things that you can ever do. A woman with high self-esteem, who can make herself happy is a rarity in this world. Most women look to outside sources to make them feel complete.

Most women are completely dependent on others for their, health, wealth, and happiness.

If this is you, the first thing you need to do is learn how to accept and love all parts of yourself. It may sound cliché but it's true. And this isn't something that you should leave up to chance.

There are plenty of programs and methods for how to do this. The ones that I've found to be the best involve shadow work and experiential exercises. If you're interested in hearing more about this from me, I have a program dedicated to it called, "The Goddess Blueprint."

Or, you can go out and find plenty of other ways to work on this stuff as well. However, I've found that going through a regimented program is the absolute best way to accomplish this.

I know many people who have attempted it on their own and the only ones who are successful are the ones who have done years of silent meditation retreats. And this isn't a guarantee.

If you need recommendations, let me know. I've gone through just about every major personal development program out there. If you're curious about some of them, I can help you find one that works for you.

What's Next?

Congratulations on completing this program! You now have everything you need in order to get your ex back and keep him in your life for good.

If you've decided that you don't want your ex back anymore now that you've gone through some of the phases, congratulations for getting over your ex! Many times, the pain is what drives us to look for solutions that we might not actually want when we finally are able to achieve them.

Whatever your decision is, this program will help you develop your skills with men, just by going through it. It will help you understand what men are looking for and why they do the things they do.

If you have any comments or questions that you'd like to have answered, feel free to message me or go to our private facebook forum and ask your questions there. It is an exclusive forum and nobody outside of it can read any of the messages.

I suggest that you join it even if you don't have any questions. Like I said, nobody can read any of the messages posted there unless they are a part of the group.

The address is below:

<https://www.facebook.com/groups/TheGoddessCommunity/>

Your success is important to me and I want to make this program as good as I can. If you have any comments or questions, please feel free to email me at support@commitmentconnection.com and let me know what you think of this program or what I can do to make it better.

Talk soon,

Matthew Coast

<http://commitmentconnection.com/>