

# How To Get Your Ex Back Fast by Following These 7 Proven Methods



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<http://www.ineedtogetmyexback.com>

Of all the bumps in the road of the journey of life, few are as deep and painful as breaking up with someone you love. And what makes it worse is the length of time spent together. Those little heart roots went deep and became more established with time. So, when you, or he or she, decided to break up, it left an open wound and your heart is aching for them. "What went wrong? Was it me? Was it them?"

Relationships are strange and yet beautiful. But they're only as strong as the least committed person in the relationship. So, if there is anything to save – if you truly desire to get back together with your ex - there may be a time of soul searching as well as some self-improvement on your part.

While it is tempting to blame the other person when you are angry, now is not the time to keep account of who did what to whom. In any strong relationship, there needs to be a lot of flexibility, lots of patience and plenty of unconditional love.

The thing is, it doesn't really have to be over with - especially if it was a good relationship that just had a jolt that could be fixed. Whether in a dating or marriage relationship, sometimes there's a need to step back and maybe gain some perspective. And then getting back together is just a matter of time and patience.

So, if it's your desire to mend your relationship, then you need to come to terms with what has to be accepted as is and what might need to change in order to

make things work. But first, let's see how to approach your ex in order to get back together.

## **If You Were the Dumper**

There are two possible scenarios that could be happening here: (1) you broke up with them or (2) they broke it off with you. Both will have some similarities, but also some different ways to approach a reunion.

If it was *you* that broke it off, there's a good chance that he or she might still be interested in getting back together. Perhaps you just needed to get some perspective and now you see how much you miss them. It might be a simple matter of giving them a call or sending him or her a "thinking about you" card. But remember, do not continually call, text or email them. This is a HUGE mistake. You can learn more about deadly mistakes that could ruin your reunion with your ex by [Clicking HERE!](#)

Expect that they may be a bit reluctant to dive right back into things. After all, it was them who was dumped. There are some raw nerves there. You might even need to face the fact that they might have even started up a new relationship. What should you expect if you were the one doing the dumping?

## **If You Were the One Being Dumped**

But if you were the one left out – dumped – it will take some concerted planning and preparation. Your heart will tell you one thing and you'll have to learn to reason with it. You desperately want them back but they obviously left for a reason. Was it another person? Were they bored or annoyed with you? These are some questions that need to be raised and answered.

And here is what you been waiting for!

[The following are 7 powerful ways that will help you get your ex back:](#)

### **#1: Stay In Control of Your Feelings**

While it may be tempting to run after them, **stop**. Do not make the ultimate mistake of appearing desperate or needed. You need to think again. Make yourself a desirable target and then appear disinterested. The one who cares the least, controls the relationship. Both men and women like a good "hunt," so it's time to see how to make yourself the trophy prize! You want your ex to pursue you not the reverse! To achieve this, do not continually call them, leave messages on MySpace or Facebook or texts them over and over.

To learn how to drive your ex crazy with jealousy and desire for you, [CLICK HERE!](#)

## **#2: Do a Makeover Inside and Out**

Now, whether you're interested in getting back with the person you dropped or you want to try to get back with someone who broke it off with you, there are some things that must be addressed - namely getting a mindset check up and secondly, re-doing the exterior.

## **#3: Do Some Soul Searching**

Girls first: here's a tidbit to remember...Men are hard to catch, but once caught are hard to lose. Now, if it was he who dumped you, you might think, "He sure left fast with my best friend!"

So let's get something straight - unless he is still sowing the wild oats – which some guys are – he really is looking for his lifetime soulmate. Most guys want security of a solid relationship, just like you. But they will pass on by if you are unattractive in your spirit and yes, sometimes in the looks department to the point where you don't care about yourself.

Whatever you broke up over was not entirely your fault, although it might have had a lot to do with it. What was it? Were you smothering him? Bad habits? Antisocial behavior? Gained weight? These are just a few of many reasons why couples might split up – when one of them has unpleasant personality traits.



[\*\*Hurry and Discover the top reasons couples break up so that you can repair your relationship before it is too late! Click Here!\*\*](#)

Did your ex discover you had less in common with him or her so they moved on trying to find someone they fit more intimately with? If you like quiet nights and they love a noisy game night with friends, it can get wearing.

Maybe he liked hiking and backpacking and you would rather spend time snuggling on the couch. Sometimes these things don't show up until you've been together for quite some time.

What attracted you to them? Was it their strength of character, their body, their charm, or their talent? Sometimes these are just superficial and when you get together, they wear thin – especially if it was all an act. What was cute or sweet turns out annoying if it's overdone.

Like the character Gaston in the movie Beauty and the Beast, a good looking, strong man can quickly become unbearable when all he thinks of is his own virtues – and he becomes a bore.

And ladies, do you resemble the sweet, selfless - yet plucky Cinderella or her two awkward, fussy stepsisters? Looks aside, if you're a drip, it's time to plug that leak because no one likes a boorish man or fussy woman.

#### **#4: Get some “body work” done**

Don't ask why looks are so important, but they are. And it doesn't stop being important after you're hitched to someone, either! Okay!

Ladies first! Think about it, girls. You were attracted to your guy and he was attracted to you by your looks, unless you met through the Internet - and even then there were probably photos.

While men might ogle the likes of Angelina Jolie, Halle Berry, Megan Fox or Beyonce Knowles, the good ones truly only have eyes for their woman – even with all of your physical imperfections. No matter how plain you might think you are, he sees something entirely different.

But as time wore on in your former relationship with them, you more than likely let your personal appearance go. You might have gained weight, which may or may not make a difference with your guy if the rest of you is “together” because as with any relationship, we begin to see a person as a whole - not just a body.

But if you packed on weight, got lazy, griped a lot, became whiney, and got clingy... well, they may start feeling like the grass is greener elsewhere.

Plan to get some weight off, if that's part of the problem as you see it. Get out with the girls and treat yourself to a makeover: a new hair style, facial, and pedicure. Pamper yourself. It really helps your outlook on life if you feel attractive, and even sexy.



[Discover how you can get lean, toned and lose 9 pounds in only 11 days! Get sexy FAST! Get your ex back now!](http://www.getabslosefat.com)  
<http://www.getabslosefat.com>

Here's another tip:

Plan to get on with your life. Have fun with others. Take classes and get involved with others. Learn to live life from day to day with a smile on your face. Cheer up. Be fun to be around.

Even practice being the "new you" on others of the opposite sex. There's no harm in flirting with your new slimmed-down body and getting to know others. And as a matter of fact it could prove to be the best trick in your bag when it comes to attracting your ex back. Sometimes just knowing your ex is going out and having fun without you is enough to make you sit up and take notice, especially if you were a quiet homebody.

Nobody is asking you to not be your real self, so if you aren't a party animal, that's fine. But *do* find ways to have fun. Think back to when you met him. How did you meet? Where? Can you recreate that?

And now for the guys...

Head to the gym. Let's face it unless you are already buffed and cut, you can probably use the exercise and the fun of being around the guys (and girls) at the

gym. If you're not in shape, so what? **Get there!** It will help you become more attractive, help you feel good about yourself and burn off some of that testosterone, too.



**[Click Here and I will show you how to lose that belly fat, build killer muscular arms, 6-pack abs and have your ex running back to you quickly!](http://www.buildandgainmuscle.com)**

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Listen guys...this is a fact!

Women **LOVES** to watch hot guys with hot bodies! Do not fool yourself when you hear women say that looks does not matter! Just watch their reaction when guys like David Beckham, Hugh Jackman, Brad Pitt, Denzel Washington or Johnny Depp bare their shirts and show off their six-pack abs. So, get yourself in shape!

And while you're at it, ask your barber what hair cut will make good use of your features. A new change will definitely have you feeling confident in approaching your ex or any woman for that matter.

### **#5: Catching and Getting Caught!**

If there is anything you'll do differently this time with your new "look" and attitude, it will be to be friendly - but aloof. Be detached, but caring. And then as the relationship progresses, be a friend. Friends don't nag or boss – they have a freedom to give and take. The ideal relationship is one where best friends fall in love!

What are the qualities of best friends? They have similar interests. They can talk on just about any subject and not feel threatened by the other. They rarely have enough time together often needing to break away to get on with the rest of life. They can be apart for days without consequence, but much longer than that and they go nuts and plan for the next time they'll get to be together. Friends are spontaneous.

Do you see that in your relationship with your ex? Were you inseparable? Or was it you hanging on him or her? If that was the case, then they were just looking for a way out.

So, while you may have had strong feelings for the other person, they found your relationship stifling. How does that help you now? How can you change? Become his or her dream come true. Make yourself the "catch of the year" to them.

But that will take some effort on your part, because you don't want to fake a new personality for the sake of winning him or her back. But you can decide to grow and become the person they need.

And while it may seem backward or manipulative, you need to "practice" on others. You need to be seen having a great time out and about. How to go about this is something beyond the scope of this short report.

Just remember, we're dealing with real people, real feelings and real relationships. This has to be a natural part of who you are, not someone you aren't. In any case, while practicing, who knows, you might find someone else more attractive in every way – physically *and* mentally. So don't be so blinded by your feelings for your ex that you miss out on other possibilities.

## **#6: Build The Ideal Relationship**

Relationships are funny things. There's no telling who will match up – sometimes the most unlikely couples come together. But one thing is certain - once a relationship is established between two mature individuals, not much can bust it up.

The hallmark of a strong relationship is where both people are looking out for the other. It's not about "me" in a good relationship – it's about *us*. You find ways to fit into each other's lives and you allow for differences of taste and style, giving in to one another as needed.

If that's the ideal relationship, then it's time to see how the two of you fit in the scheme of things. Did you love to take walks where just the two of you were the

only two people on earth? Was the scent of her hair so intoxicating that the memory lingered long after she left?

Make yourself that person again. Find ways to make those memories again. If she liked “chick flicks,” do you want her enough to take her out on a friendly outing including the latest romantic movie, even though you’d rather watch “Die Hard?” Or if he likes cars, why not get tickets to the local car show and surprise him?

Really the ideal relationship is about fitting yourself to them without losing your own identity. If the relationship is worth working at (assuming they are wanting the same thing ultimately), then it’s worth studying them.

Make it your plan to study them and then take the time to implement what you know. This is a living, flowing thing where neither one has to be selfish because the other one knows just what the other one wants and needs.

And that isn’t built in a day or a week. It takes time.

Once you get back together, treat him or her the way you want to be treated – like gold. Allow them to have bad days or weeks. Let them be imperfect - after all, you aren’t perfect, are you?

Getting your ex back will involve care and strategy, not in a sneaky sense but in the sense that you’re paying attention this time. Are you ready for a new game? By all means, put your best foot forward, but have fun.

Because when you win him or her back, all of the insight you gained about them will just be part of a lifetime of keeping it fresh and new. Never lose sight of just how precious they are and you will continue walking hand in hand, just the two of you, for the rest of your lives.

## **#7: The Secrets of Getting Your Ex back and Keeping Them (Or Losing Them To Someone Else)**



**Now...This is extremely important!**

The reason why so many people fail to get their ex back and end up broken hearted and painfully sad is because they wait too long to take action!

Do not make the same mistake! You must hurry...time is important!

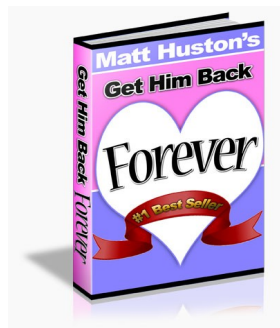
If you truly want to get your ex back *fast* before someone else steals them from you, I highly recommend you CLICK and read the following 2 books **right now!**

For both men and women:



[The Magic Of Making Up  
http://www.ineedtogetmyexback.com](http://www.ineedtogetmyexback.com)

For women eyes only:



[How To Get Your Ex Husband or Ex Boyfriend Back!  
http://www.ineedtogetmyexback.com](http://www.ineedtogetmyexback.com)