

# *Revolutionary Tactics to Get Your Ex Back*



By  
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## **Introduction...**

This is a crash course on how you can survive your break up and get your ex back using revolutionary tactics. I'm going to hand-hold you through this every step so rest assured, you certainly *can* get your ex back.

If getting them back is the one sole mission on your mind right now, you need to read this carefully. This applies to you more than anyone less because unlike anyone else, the future of your relationship is determined by how successfully you carry out the following steps.

### ***1). Take a couple of deep breaths – Your new beginning***

Look at your relationship like a contract. When you first got together, an invisible contract was formed between you and your partner binding you together through a list of rules. Whether you were official for one week or 3 years, a contract was formed the moment the two of you became a couple.

These rules are universal across all 'functional' relationships:

#### **You are bound by contract:**

- to look out for
- to care for
- to trust
- to respect
- to rely on
- to support
- to cherish
- to help
- to share with your partner

The list of rules goes on but most of these are the same across the board. In a sense, you didn't enter the relationship because of 'love' or other emotions; what you really wanted was a list of benefits that would accompany the relationship. This is why we enter relationships in the first place.

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So what does it mean when the relationship ends? **The contract breaks and all bets are off.**

Although everyone knows what to do and what to expect when they're in a loving relationship, once the relationship ends, suddenly we are thrown into chaos and confusion, where the rules you lived by are no longer applicable to you.

Part of the problem lies in the fact that there is not a set of universal rules that dictate how you should behave *after* a break up. Everyone deals with a past ex differently; some simply cut all contact, never to see or hear from again, some remain close friends and do even better than when they were together, while others may cross into a friends-with-benefit type of relationship.

What you do doesn't really matter unless you want to achieve one thing... to get them back.

**This is the most important thing to grasp.** Once your ex has decided they don't want to be in a '**relationship**' with you, then that means those list of benefits you expected from them and they expected from you have now **expired**.

By continuing to do those things, you are breaching a new set of rules that you must now comply with.

**The new rule is:**

**You must be Number 1 in your life. You must look out for yourself first.**

There are no exceptions to this rule and quite frankly when your ex gave you 'the talk', it should have dawned on you that you can't rely on anyone except for yourself. Your ex 'betrayed' you by breaking the contract, don't betray yourself too.

This disassociation will not only fast forward your recovery; it will skyrocket your self-confidence and renew your perspective on life. What doesn't kill you makes you stronger.

## ***2). Cry your heart out***

Emotional release is important during the aftermath of a break up. Take a few days off to be by yourself and give yourself permission to grieve the end of the relationship. Don't go into denial and instantly jump on the phone to call your ex in hopes it was a dream. ***Unplug your house phone, turn off your mobile, disconnect the internet for one day and call in sick for work.***

Allow at least one day to completely let out the sadness and welcome the pain. Once the day or days you've set for yourself is up then that is it. You can't allow it to drag on and on, if you give yourself permission to cry for 2 days, you cry your heart out for those 2 days and after that pick yourself back up and face the new day whether you're ready or not.

The point of this is not so you're guaranteed to never feel depressed or sad again over your break up, this step prepares you for the big hurdles to come and by practicing self-discipline early on, you'll find it much easier when situations become more difficult later.

## ***3). No Contact***

**In truth this is the most important and also most difficult step in this course; The No Contact phrase of your relationship. If you haven't started yet, do it RIGHT NOW.**

**This step is most difficult when:**

- Your ex keeps contacting you.
- You see your ex everyday.
- When you have news to share with your ex.

If you can maintain no contact through all of the above, then you're superman or woman because it takes someone with strong self-discipline to carry it all the way through.

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With that said you might be wondering if No Contact is really necessary for your situation.

**No Contact is for you if:**

- Your break up was recent (less than a month).
- Your ex is seeing someone else.
- You're the one to always initiate contact in the past.
- Your ex just wants to 'remain as friends'.
- Your ex doesn't want to talk or see you... at all.

Let's look at what No Contact actually means. It's a misconception that no contact literally stands for **no communication** what-so-ever.

Unless you're a robot, nothing is ever black and white and even best laid plans can go awry. What no contact is really short for, or in my opinion anyway, is No **Initiated** Contact.

A simple thing to remember is if you're consciously or subconsciously doing something to get a reaction or response out of your ex, that's breaching **No Contact**.

Contact says to your ex you miss them, you want to talk to them, you can't move on just yet without them, you still want to maintain a relationship and you want them back.

They definitely **know** you want them back. They are aware of it through every interaction, no matter how small; they sense it when you're around, when you're not around, with the things you say to other people, the notes you leave on your desk or the messages you type on the internet. **Your Ex KNOWS you want them!**

So guess what, if they know you want them and they're not asking you back, No Contact is the game you play to inject a nice big dose of insecurity in their thinking, **so they think differently about you**. That is all it means. *You want them to think differently* or else you wouldn't be here right?

You're taking away their power over you. The longer you maintain No Contact, the weaker they become and the more they'll think of you.

#### ***4). Maintaining No Contact.***

So let's have a look at how you're going to tackle this beast of maintaining strict No Contact. First if your ex is contacting you regularly, you need to apply a different approach:

*If your ex is maintaining close contact very soon after the break up, find out exactly why they're doing it. Remind them that they dumped you so now what exactly do they want? If however they contact you after a month then that's entirely different, continue on...*

It's going to seem daunting at first to completely cut ties with your ex, but it gets easier and time definitely goes by a lot faster once you stop thinking of them every second of the day.

#### ***5). No Contact for how long?***

For as long as it takes for them to contact you, provided it's not for one of the reasons I mentioned above. 30 days is generally the amount of time you should expect to wait, although it definitely could take longer or shorter than that. Every relationship is different so it's hard to pinpoint exactly how long. **The basic rule of thumb is don't contact them, let them contact you.**

When they do contact you, skip down to #7.

**Do this for as long as it takes.**

#### ***6). What should I do during no contact?***

Here's a few things that you should do during no contact. I suggest you try a handful of them especially when you're feeling low. This will keep you sane and away from picking up the phone.

- Start taking care of the most important person in your life, **yourself**.

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- Write down on a piece of paper all the benefits received from your old relationship and then apply them to yourself. Do you care about yourself as much as you cared about your ex? Told your ex you loved them? When was the last time you said 'I love you' to yourself? Remember all the things you loved about your ex? What are all the things you love about you? Write them down.
- Start doing things you love because you wanted to not because someone else wanted to.
- Do you miss cooking romantic dinners for your ex? Why not cook a romantic dinner for you? For once you don't have to cater to someone else's tastes when you're picking what to eat, treat yourself to your favourite dish and dedicate one afternoon preparing the meal for yourself. Maybe even try something completely new and blast your favourite song while you're doing it. Have fun!
- Organise an outing with some friends, maybe even a big holiday if your work allows it. Planning and scheduling will keep you busy for a few good weeks.
- Can't remember the last time you exercised? I know how you feel! If the sound of exercising makes you groan, you don't have to go all out and join a gym; start with half hour walks around your neighbourhood, then increase it to 1 hour, then later increase to light jogging and gradually increase the amount you do. You are slowly building a habit so make sure to make it as enjoyable and hassle-free as possible.
- Do something for someone else. We feel our best when we know we've made someone else happy, so do something for your friends or relatives. Surprise them! You will instantly feel 100% better by doing this.

- Organize a movie night. Grab a bunch of comedies or movies you love and just get into them. Get some friends if you want but you can just as easily do this on your own. Comedies are best as laughter is the best medicine when you're feeling blue, but if there's some movies you know instantly makes you feel good, get them too!
- Start a new hobby like figure drawing, learning to play a musical instrument or take up surfing. Something you've always wanted to do but never got the chance to. Now you can and should!
- When you're feeling really down and in the dumps, here's something you can do that will instantly cheer you up. **Start smiling.** Even if you're just alone in your room, put on the biggest smile you can muster and KEEP smiling for 5 mins. It doesn't matter how down you felt before you will instantly feel better, even if it's just because you feel silly doing it. Well good! You can even go to the mirror and start pulling faces at yourself. Why not!? It's fun and no one will know anyway. Well except me 😊

## *7). How to re-unite with your ex.*

So provided you stick to your guns and maintain No Contact, what do you do once they call you? First, give yourself a pat on the back if they're showing interest and initiating contact. Now we move onto the next part of the plan.

Once they start contacting you and you catch up for a little while, casually ask them out on a date during one of your conversations; nothing serious just somewhere where you can have fun and let loose. Of course if your ex accepts, put some effort into this one. Your sole purpose is to make a good impression and win them back. This is how you show them you've changed and you're different.

## *8). What if my ex declines my date offer?*

That might happen. It just means it's too soon and they're not ready. Although if you word it well (so it looks fairly innocent) 99% of the time they wouldn't decline, but in case they do or they're with someone else I

suggest to bail out of the conversation fast. Then go back and repeat #5 and #6 until they contact you again and then repeat the process. The trick is to just be patient and allow time to make everything right.

Remember things **CAN'T** stay the same. They just can't, no matter what your situation is right now or how hopeless you may think it is, it's not going to be forever! So cheer up and put a smile on your face! **Things always work out in the end.**

### *9). If I feel like I'm about to die, how do I survive 1- 6?*

Remember with time the pain will lessen. If you're suffering and the pain becomes too great, get out of the house and go for a walk or take a drive somewhere. Move your body or start exercising. Exercising is the best way to pump you full of those good feelings called endorphins. Then remind yourself that this isn't forever and if you stick with no contact, you will recover far sooner than you think.

### *10). Getting back together*

So your ex wants to get back together. Are you ready for it this time around? Getting your ex back is the first step, the next is maintaining the relationship and making sure a break up doesn't happen again. Remember you have to keep working on the relationship just like you had to work on yourself post break up. Best not to call it 'work' though. Just remember to keep the relationship from going stale or stumbling down the same problem areas like before.

The great thing is, even if the relationship ended again, you'll know you can get through it because you have in the past. This really is the ultimate 'secret' to maintaining lifelong happiness in relationships... **the relationship with you.**

Hope you have enjoyed my crash course to how you can get your ex back. These methods are not easy but I've cut out all the fluff.

It is important to note that No Contact by itself will not bring your ex back. You still need to work on yourself, work on why your relationship ended and most of all have patience.

If you enjoyed this report, then you might want to check out a revolutionary system I have created, it's called The Ex Recovery System.

I believe it's one of most solid products on the market because...

- It caters to average folks [just like you](#), written in simple to follow instructions.
- It uses psychological tactics that are subtle enough that no one will have a clue what you're really up to. Your ex will think it was THEIR idea to come back. ([Learn more!](#))
- Shows you how you can bring back that person your ex fell in love with again. Sometimes hard to do when you're so heart-broken. ([Learn more!](#))
- Special technique that will give you instant relief from your break up pains. ([Learn more!](#))
- And my favourite, how to give a POWERFUL apology that has the potential to really “wipe the slate” clean and get them gravitating back to you again. (Remember all those mistakes you made? This works like magic in making them NOT matter anymore). ([Learn more!](#))
- How to craft the perfect initial letter or phone call to your Ex. Now you'll know how you can make contact successfully. ([Learn more!](#))
- Not one but **TWO potent strategies** proven to work for winning your ex back – even if your lover is far away from you, stubborn and resistant and you feel like your situation is completely and utterly hopeless! ([Learn more!](#))

The even greater news is, you could be using [The Ex Recovery System](#) in as little as 5 minutes. Due to the advantage of the internet, it is

available in digital format which you can download right now. No more waiting around for books to be delivered and wasting precious time.

**[Download The Ex Recovery System](#)**

There is also a 60 day money-back guarantee. So if for any reason you are not happy...any reason at all...you will get a full refund...and you can keep everything you downloaded.



I hope you've gained some value from this report and it has allowed you to reflect back on yourself and your relationship in a different way.

I'll talk to you soon,

Ashley Kay

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Best of Luck,

Ashley Kay

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