

# The Top 10 Break Up Mistakes

*“How to Get Your Ex Lover Back  
Even After Making Every Mistake In The Book.”*



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## Introduction...

It doesn't matter when or why your relationship ended. Once your lover has suddenly become your ex, there's uncertainty as to how you're meant to act towards one another. Some people take well to being friends while for others, the line can be severely blurred between friendship and a physical relationship.

If there's much hostility around your break up, the chance of further damage is far greater. The reason is because most people can't handle cutting all contact from an ex partner – a decision which can cost them.

If you're still holding onto a past love and you're hoping to maximize your chance of reconciliation. The following list of common mistakes to avoid is a good place to start.

Although some might appear to be common sense, people going through break ups are often highly emotional and driven mainly by fear. When that occurs, we tend to do stupid things we wouldn't normally do.

If you value the relationship you have with your ex as of today, then I strongly urge you to pay attention to this report.

Good luck!

Ashley Kay

## **Mistake #1 – Panicking**

You know you're panicking when you find yourself doing things you wouldn't normally do.

This may include calling your ex in the middle of the night, driving by their house five times in a row, leaving 10 messages on their phone or attacking them in broad daylight.

It's understandable to panic when you feel you have a lot to lose. Your mind seems to only remember the good times and this only magnifies the reality that you might lose them forever.

However rest assured it is NOT reality. By panicking right now, your actions will only scare your partner away. The most common time this happens is closely after the break up. If you know you have already done this, don't worry, it's very common.

The next time you find yourself sending your ex a string of txt messages or phone calls, stop yourself for a moment and try to 'put off' that urgency for contact.

Walk away and do something else. Redirecting your focus will stop you from making this mistake.

## Mistake #2 - Laying on the Guilt

Do you want to make your ex feel guilty for leaving? Do you want to say things like:

*“All I did was give, give and give to you and this is how you repay me?”*

*“You lied to me! All those things you said were lies!” \*cry\* \*moan\* \*bitch\**

*“I knew this would happen eventually. I knew you’d hurt me like everyone else!”*

*“If you really loved me then you wouldn’t do this to me!”*

Another way we tend to deal with reject is by saying or doing things to deliberately make the other person feel guilty. In truth this is pretty immature.

Stop acting immature for a second and take responsibility for your actions. Your ex has decided to end the relationship and by no means was it any way ‘easy’ for them to do so, don’t make it worse by trying to lay on the guilt and act like some spoiled 6 year old. Be mature enough to walk away with a cool head and your dignity intact.

## Mistake #3 – The dreaded F- word.

This happens a lot and a lot of you who are reading this might disagree, but most of the time it’s not wise to remain friends with an ex.

The only time you should be friends with an ex are:

- When you've had a considerable amount of time apart from the break up and you're BOTH clearly moved on enough to handle being just friends.
- It was a mutual decision to end the relationship and both have long ago emotionally abandoned the relationship before the official break up.

Really there's not very many reasons to remain friends. If you still have feelings, ESPECIALLY if you still have feelings for an ex, for your own sake, don't remain friends. At least not until you have given the two of you a decent amount of time apart.

## **Mistake #4 - Sleeping with an ex**

Any form of above friendship type of intimacy falls within this category, this means teasing touching here and there, holding hands, kissing with or without tongue and even innocent little 'cuddles' in bed or on the couch. If it's not something you would do with your best friend or family members, you shouldn't be doing it with your ex.

This clearly also wouldn't and shouldn't happen if you are avoiding the above rule. I don't care how much they 'appear' to miss and want you. Unless it comes out of their mouth, they just want sex and someone to cuddle for

tonight. The best way to avoid this is first to practice the above rule and second, don't get drunk with your ex.

## **Mistake #5 - Talking about your ex... too much**

Ok fair enough you are missing your ex like crazy and you can't think of anything else except them right now. Talking about it sometimes is normal and understandable but bringing your ex up every 5 mins and obsessing about them is NOT helpful.

This also includes spending WAY too much time on message boards just to talk about your ex. If you find yourself STILL talking about your ex incessantly a week or so after the break up, you need to start being careful. You don't want to turn into a real psycho who eventually needs therapy because your ex is starting to dominate your life. Just take it in small doses and don't hassle everyone too much about your ex.

Take the time to ask and listen to other people's problems, this will help redirect some of your energy and thinking somewhere else and helping someone deal with their problems will feel a lot better than going around in cycles with your own.

## **Mistake #6 - Drowning in Alcohol or drugs**

This is one of the worst ways to spend your day after your break up. You might think temporarily pain can be numbed with a little booze, the reality is, there are massive consequences to taking crap such as these and taking them while depressed only magnifies the process 10 fold. Do you want risk doing something stupid and irreversible while intoxicated? Perhaps damaging your relationship forever?

Now if your friends have asked you to go out and you know you're still hurting from the break up, I would rethink their invitation. By all means go out and have fun with your friends to forget your ex for a few hours, just DON'T consume alcohol! Too hard? Then stay inside and watch movies instead.

## **Mistake #7 - Harassing your ex's friends**

Trying to get the dirt about your ex from their friends is not wise as word will certainly get back to your ex and then YOU will look like the idiot. Well maybe idiot is too harsh of a word but I wouldn't rely on what a third party will say to your ex about you. Even if it's a mutual friends it's best to stay far away from them in case they are the gossiping type.

## **Mistake #8 - Spying on your ex**

It's way too easy to look on your ex's myspace or facebook account to see exactly what they've been up to. Do yourself a favour and don't look at it! This includes going to any other places where your ex might frequent. Although they might not catch you, this will set you back in the healing process and just in case you see something you didn't want to see, it's no one else's fault but your own.

Ask yourself does it really matter whether they have a picture of themselves with a Mr or Mrs X in their profile? How does that help YOU?

## **Mistake #9 - Let the money go**

It's time to cut your loses and move on if your ex owes you money. Yes it sucks, yes it was a lot of money and yes you should get it back, but really is it worth the hassle? Personally their true colours will show if they decide to give the money back or not, and if they don't volunteer to return it, you'll know the kind of person they are. Do you want someone like that in your life anyway? Money can be replaced, just learn from this experience and move on.

## **Mistake #10 - Using kids as leverage**

If kids are involved and they were your ex's kids, you should understand that

they came with the package and although you shouldn't ignore their kids, continuing to do things or make excuses to talk to their kids will probably not be greeted as warmly as you may think.

If they're YOUR kids, the best thing to do is stay amicable with your ex, polite like greeting a co-worker you don't know much about, but emotionally distant so you can at least 'appear' normal in front of the kids.

What if you've made some of these mistakes already? Is it too late to get them back? I get asked this many times and often people believe they have made far too great of a mess of their situation to ever hope to get their ex back.

The truth is, all the mistakes you have made up to this point isn't as important as compared to the OVERALL scheme of things, AS LONG AS you start changing right now!

If we all believed our past equalled our futures then not much would ever get accomplished, and people would stop trying after their first blunder.

Now with that said, you shouldn't completely IGNORE the past or your past mistakes. Remember they are there to tell you something, that things need to change and you have the power to change them RIGHT NOW.

But now here is the big dilemma.

**How do you change?** How do you begin to not only stop making the mistakes but let your ex see you're not the person they broke up with, but the person they fell in love with instead?

The great news is, you're not the ONLY one with this problem. In fact, many many folks out there are facing the exact same dilemma. The outcry became so big that those that DID figure it out decided to help.

Now yes, those self-help books DO help, however, what I found was, they focused too much on the SELF and not enough on the RELATIONSHIP.

Human existence is all about the relationships we have with others. Failure to maintain and grow those relationships will cause them to die. And in turn, we die along with it.

That's why it's so important to learn HOW to get your love relationship back in order. After all, what is more important than love?

Thankfully, there IS a solution. [The Ex Recovery System](#) was written just for people like you, going through a break up and wanting a solution SPECIFICALLY to help with getting back a lost relationship.

[Download The Ex Recovery System](#)

It details the steps on how you can finally do the RIGHT things without too much hassle to get your lover back.

I want to share with you a very unique system, ***The Ex Recovery System***, and 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!](#))

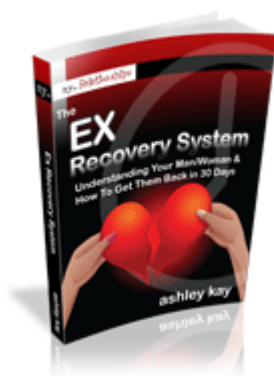
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**[Download The Ex Recovery System](#)**

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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