



**A 5 Step Guide  
to Getting Your  
Ex Back Permanently**

**By**

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## **Introduction**

If you are reading this guide, it is likely you have recently gone through a break up and are suffering from the loss of an ex-boyfriend or girlfriend. I have been in this situation many times in the past and I know exactly what you need to do in order to get your ex back.

If there is one thing I know better than anything else out of all of my years of providing relationship advice, it's how to help someone get back with their ex-boyfriend or girlfriend.

It does not matter why your relationship ended or who is to blame for the break up. If you take the time to read through this entire guide and follow each step, you will have no problems getting your ex back.

The period after a break up can be extremely tough because you are experiencing a wide range of emotions (anger, sadness, confusion) that can easily cloud your judgement when trying to get your ex back.

Without a plan, you are almost guaranteed to make a lot of classic mistakes that will push your ex into the arms of someone else. In fact, it is likely you have already made a few of these mistakes and if you do not stop immediately, you will ruin your chances of getting your ex back permanently.

Before we jump into the 5 step plan, let's take a look at a few of the most common mistakes that men and women make shortly after a break up.

## A Few Common Mistakes

### Common Mistake Number 1- Blowing Up Phone and Email



One of the most frequent emails I get from my subscribers at Couples Skills goes something like this:

Lenny,

My boyfriend and I have been together for over 4 years. He recently broke up with me and I am not exactly sure why. He won't answer my calls, texts, or emails. I have sent him over 10 emails, 14 calls and

57 text messages over the past couple days. Can you tell me how to make your ex-boyfriend want you back?

Lenny,

My girlfriend caught me making out with her best friend at a party. I was super drunk and I know it was my fault, but I don't even like her friend like that. I apologized to her several times. I have left her so many voicemails that her inbox is full. I have been emailing her all day, but she still is not responding. Can you tell me what I should do now?

These emails sum up one of the most common mistakes made among guys and girls that are eager to get their ex back, especially if they feel like it was their fault the relationship ended.

Listen up! It does not matter if it was your fault the relationship ended. Blowing up your ex-boyfriend or ex-girlfriend's cell phone and email is not going to convince them to come back to you. In fact, doing this will push them farther away.

### Common Mistake Number 2- Trying To Be A Friend



Trying to be friends with your ex is the second most common mistake that guys and girls often make after a break up. It is impossible to be friends with your ex until you no longer have feelings for them and can be ok if they were to decide to be with someone else.

In addition, if you try to be a friend to your ex and provide them with the same emotional support and friendship as you did when you were together, why would they ever need to get back in a relationship with you?

You are giving them the benefits of being in a relationship without the commitment you are looking for. Therefore you cannot be friends with your ex right now.

## Common Mistake Number 3- Seeking Revenge



When you are angry over a break up, seeking revenge may cross your mind. You think how nice it would feel to see the look on his face when he sees his tires have been slashed or how satisfying it will feel when she notices you let her cat out the backdoor.

This type behavior will not help you solve the real problem at hand which is, how can I get my ex back? Seeking revenge will eliminate all chances of accomplishing this goal. Don't fight with your ex over the breakup. Getting the ex back is a process.

Engaging in verbal or even physical exchanges will significantly reduce your chances of getting your ex back permanently.

### What If I Have Already Made Any Of These Mistakes?

Remember, these are common mistakes so do not worry if you have made any of these mistakes. The important thing is you now realize these are mistakes and you can stop making them right now.

### Let's move on to the 5 Step Plan

## Step Number 1 – Give Your Ex Time and Space

Try writing down your ex-boyfriend or girlfriend's phone number on piece of paper so you won't forget it. Put the piece of paper under your mattress and delete their contact information from your phone. Make a promise to yourself not to contact them until you complete this get your ex back plan.

It is natural to get the urge to call or text your ex, but hold off on doing this until the plan directs you to.

The first step of the plan involves getting off your ex's radar. Despite the fact that you could be hurting on the inside, you need to make sure that your ex doesn't know it.

Your ex usually starts off pretty confident that you will be the one to cave in and contact them first, giving them time and space will confuse them and make them wonder why you have not contacted them.

This step involves cutting off any communication with them. I repeat, this means cutting off any and all communication with your ex.

- No Calls or Text Messages
- No Emails
- No Skype or instant messenger
- No Facebook, Twitter or any other Social Media Interaction
- And do not respond to your ex's texts and calls

The no contact period will force your ex to miss you and realize what life is like without you. It will also give them time to get over anything they may be angry with you about.

You may find yourself coming up with excuses of wanting to call or text your ex; this could range from things like you forgot your clothes at their place or wanting to return their spare key.

It is natural to feel this way, but acting on these feelings will ruin your chances of getting back with your ex. You will need motivational support from a friend during this phase

### **How Can I Get My Ex Back If I Do Not Communicate With Them?**

Don't worry, contacting your ex back is an essential part of the how do I get my ex back plan, but it is not something you need to worry about right now. Keep reading and we will discuss how to contact your ex later in the plan.

### **What If I Can't Avoid My Ex?**

It's possible to run into your ex unexpectedly as you go about your daily routine. Maybe you work or go to school with your ex? Don't try to run away from them, if you must talk with them make your conversations brief. Stay away from any emotional topics, and don't forget to project an image of confidence.

### **How Long Should I Avoid Contacting My Ex?**

This time period can range from 20 to 30 days. You should start seeing results in as little as two weeks. Do not try to shorten this period of time.

### **Should I Tell My Ex I Am Not Talking To Them?**

No. After a short period of time, your ex will figure out you are not talking to them. They will want to know why or insist that it is rude that you won't tell them know you are ok.

This is a good thing, you want them to wonder what is going on with you and why you won't respond. Telling them you are not talking to them on purpose would defeat the point of doing it.

Do not talk to them. If they continuously insist on calling or texting you then you may tell them not to contact you until you say it is ok. By giving your ex time and space, you'll be able to allow negative memories and perceptions about you to be replaced by good thoughts and memories.

## Step Number 2- Take Time To Rejuvenate Yourself



During the no contact period, step 2 involves self rejuvenation. Your focus during this time should be getting in the best mental and physical condition of your life.

Use this time to work on yourself by making small positive changes that will boost your confidence and make your ex notice right away.

### **A Few Examples Of Physical Changes**

- Change up your look by purchasing some new clothes or shoes
- Brighten your smile by getting your teeth whitened
- Get a hair cut or change your hairstyle
- Start a new diet and or workout plan

These are quick and inexpensive changes you can make right away. Word will spread fast to your ex that you are looking fit and sexy.

### **A Few Examples Of Things You Can Do To Encourage Positive Mental Changes**

- Take some time to release your anger and sadness over the break up. It is ok to cry or vent to your friends or family. In fact, it is necessary
- Write down all the positive things you like about yourself and everything you bring to a relationship
- Go out and have some fun with your friends
- Try going on a few dates with a total stranger

Improving your mental state of mind is not only necessary for yourself, but important before you are ready to communicate with your ex again as well.

The last thing you want to do is come back to your ex in a worse mental condition than you were when you broke up.

Really quick, before we move on to step 3, let's recap.

In step 1, you started the no contact phase by giving your ex time and space. In step 2, you started using this time away from your ex to work on your mental and physical well being.

Step 3 uses the power of steps 1 and 2 to make sure you have caught your ex boyfriend or girlfriend's full attention.

## ***Step Number 3 - Make Your Ex Miss You***



How do you make your ex miss you? Time and positive visibility are the key.

### **Time**

No matter whether the break up was your fault or not. Time away is the most effective way to make your ex miss you. You want to remain out of sight, but heavily on his or her's mind. If you have followed the plan up to this point and refrained from contacting your ex, you should be right where you need to be.

The time you have spent not contacting your ex is certainly taking its toll on them by now. You have a brand new look, your body is in better shape and your confidence is building. You may feel so good about yourself at this point, you are asking [should I even get back with my ex?](#)

The next thing you need to do is Get Social.

### **Make Yourself Visible On Social Media**

One of the fastest and most effective ways get your ex boyfriend or girlfriends attention and make them miss you is to make yourself visible on social media. This does not mean to post pictures of yourself falling down drunk or kissing a random stranger. Making yourself more visible on social media is not to make your ex jealous.

The purpose of this step is to display yourself in a positive and tasteful light. A gentle reminder of what your ex is missing out on and a brief showcase of your new physical appearance.

- Post pictures of you in your new clothes and bright new smile
- Post pictures or status updates about your new hobby or workout routine
- Post pictures or status updates of you out to lunch with your friends

Be sure to be happy and positive in anything that you post online. The word will quickly spread to your ex and quickly grab his or her full attention. Do NOT fall back into your old habits and let Facebook stalking ruin your relationship.



Here is a free gift card to help you fight the urge and keep you focused (Click the banner + enter your email)



Is Facebook® Ruining Your Life or Relationship?

YES  NO

Tell us and receive a \$250 Restaurant Gift Card **FREE**

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At this point in the plan, your ex has been thinking about you for weeks, but has been unable to get in contact with you. Imagine popping back up on the scene with a brand new look and a boat load of renewed confidence.

Their Facebook and Twitter News Feed is going crazy because people have noticed your upgraded look. Your photos are getting a ton of likes and shares. Your positive tweets are getting retweeted by all of your mutual friends. You have your ex-girlfriend or boyfriend's full attention and now it is time to move to step 4.

## ***Step Number 4 - Start Communicating With Your Ex Again***



Reestablishing contact with your ex should be done with a lot of care. Remember, you have not spoken to them for several weeks, therefore you have to be sure not to say anything that is going to remind them of why they broke up with you in the first place.

Your first message needs to be warm and inviting.

### **For Example**

I heard your favorite song on the radio today and thought about you. I hope all is well with you? Wait for a response to your message before you follow up and do not lead into the conversation with the fact that you miss them and want them back.

Be friendly and casual while talking to your ex, don't discuss any serious subjects right away.

### **What If Your Ex Is Dating Someone Else?**

Realizing that your ex is currently dating someone else can come as a shock and may impact you in ways you never expected. Don't ask them about the new person or try to sabotage the relationship because this won't help your case.

### **A New Relationship Can Only Mean One Thing: Rebound**

One of the reasons why you shouldn't be too bothered by the fact that your ex is seeing someone else is because most likely, this is just a rebound relationship for them. At the root of it, rebound relationships are not romantic; chances are you haven't been romantically replaced yet. Additionally, because of the fact that your ex met this new person shortly after you broke up, it's unlikely that they'll be compatible in the long run.

You'll learn how to handle the situation if your ex has dating someone else in step 5 of this guide. Even if your ex is dating someone else continue with the plan. You have the upper hand on the new person because you and your ex have history.

### **Ask Him Or Her Out**

Asking out your ex is the next move after making initial contact. You two are back to messaging and calling on a steady basis. They seem to be very interested in your new look and attitude. Now it is time to start making your move. Ask your ex if he or she would like to meet up for lunch. Do not call this a date or try to make it something formal. There is no guarantee they will accept. If they decline do not show signs of anger or bitterness. Keep the lines of communication open and continue the small talk.

Remember, they do not owe you anything. This is a rebuilding stage. If they accept and you meet them for lunch. Be sure not to bring up your old relationship or why you broke up. Only have this kind of discussion if your ex is the one that brings it up. You have some forward momentum at this point. You have reestablished contact with your ex and things are moving in the right direction.

Now it is time to seal the deal and get your ex back permanently with step 5.

## ***5. The Last Step to Getting the Ex Back Permanently***

**TAKE  
ACTION!**

After going through the last 4 steps, your next and final step is to focus on how you are going to get your ex back.

If you display even one of your old bad habits or characteristics it will remind your ex of why you two broke up in the first place and they will not want to get back with you.

If you say one thing that reminds them of the old you, all the work you have done up until this point was a waste of time.

For the last and final step I have put together an entire email mini series to help you seal the deal in getting your ex back permanently. You see, I am serious about helping you reconnect with your ex.

Every relationship is different and I am sure you will have questions along the way.

**You have been automatically signed up to the email mini series.**

**Be sure to add my email to your safe sender list ([admin@coupleSkills.com](mailto:admin@coupleSkills.com))**

**Also, if you haven't already, go back and sign up to get your free \$250 gift card on page 9 (terms and conditions apply).**

You will receive secret communication tips, inspiration, and motivational emails to keep your drive alive as you push through this trying time in your life. As I said before, if there is one thing I know how to do best, it is help people get back with their ex.

The emails you get will help you address all of the questions and concerns that will pop into your head during this 5 step process. It is critical to have support as you go through your highs and lows.

**In addition, you will learn:**

- How to get rid of your old bad habits and communication issues
- The psychology behind the real reason people end relationships
- How to approach your ex if they are dating someone else
- Tips to keep a healthy relationship once you have your ex back
- Much More!

As always thanks for reading and feel free to contact me with your relationship questions!

Lenny

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