



**GETTING PAST A BROKEN RELATIONSHIP AND BE GLAD THAT
IT HAPPENED**

Acknowledgements

Special Credit: I would like to thank Nick Thompson for writing extensively on this topic.

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TABLE OF CONTENTS

WHY DO NO CONTACT?	24
Reason 1 : Your ex needs some space and time to remove all the negative associations from the breakup and start missing you.	24
Reason 2: You also need some space and time.	24
Reason 3: You must become confident before you can get him/her back.	25
Changes in Your Physical Appearance	36
POSITIVE CHANGES IN YOUR MENTALITY	36
POSITIVE CHANGES IN YOUR BEHAVIOR AND HABITS	37
ANALYZING YOUR RELATIONSHIP	38
FIGURE OUT WHAT WAS BROKEN AND HOW TO FIX IT	40
WHEN IS THE RIGHT TIME TO CONTACT MY EX?	44
WHAT IS THE RIGHT WAY TO CONTACT YOUR EX?	45
THE TEXT MESSAGES	46
ASKING YOUR EX OUT	48
1. DO YOUR HOME WORK AND BE PREPARED FOR THE WORST	49
2. BE ON THE LOOKOUT FOR POST BREAKUP CHARADE TESTS	50
3. DON'T TALK ABOUT GETTING BACK TOGETHER YET	51
4. HAVE AN EQUAL RELATIONSHIP	51
5. HAVE BOUNDARIES AND STAY OUT OF THE FRIEND-ZONE	52
WHAT IS THE NO CONTACT RULE?	53
1. The Definite No Contact Rule aka Radio Silence	53
WHY DO NO CONTACT?	54
Physical Activity	55
Social Activities	56
Relaxing Activities	56
Self-Improvement Activities	56
WHAT TO AVOID DURING THE NO CONTACT PERIOD?	57
Obsessing Over Your Ex	57
Indulging in alcohol, drugs, cigarettes etc.	57

FAQS ABOUT THE DEFINITE NO CONTACT RULE	58
How Long for No Contact?	58
What Breaks the No Contact Rule?	58
What If You Break the No Contact Rule?	59
What If My Ex Contacts Me During the No Contact Rule?	59
2. The Mild No Contact Rule	61
1. You only speak to your ex about important issues. You don't initiate contact unless it's important.	62
2. When they initiate contact, you should be polite and reply to them.	62
3. If your ex tries to talk about something personal, try to end the conversation immediately.	62
4. If there is a conflict, figure out a way to solve it amicably.	63
5. Don't be scared to take serious action if your ex is being unreasonable.	63
3. The Brief No Contact Rule	64
1. The purpose of the brief no contact rule is to figure out where your ex stands.	65
2. It's very important to figure out the root cause of the breakup and figure out a solution for it before asking your ex to meetup or get back together.	65
3. It's important to make progress.	65
4. When you reach out after a brief no contact rule, you should be honest and straightforward about your intentions to try reconciling.	65
5. Remember that the brief no contact rule has a very small chance of working.	66
4. The No Initiate Rule	66
HOW DO YOU KNOW THE MOMENT IS RIGHT TO END THE NO INITIATE RULE?	67
5. The Indefinite No Contact Rule	67
WHEN SHOULD YOU APPLY THE INDEFINITE NO CONTACT RULE?	68
1. When you want to move on from a bad romantic relationship.	68
2. When you want to remove a toxic person from your life. It could be a relative or a friend.	69
CONCLUSION	70
What Is a Rebound Relationship?	71
Why Did Your Ex Start a Relationship after the breakup?	72
1. BECAUSE THE PAIN WAS TOO MUCH	73

2. TO FILL AN EMOTIONAL NEED IN THEIR LIFE	74
3. FOR SEX	74
4. TO FILL THE ROLE OF SOMEONE IMPORTANT IN THEIR LIFE	74
5. TO MAKE YOU JEALOUS	75
6. TO FORCE THEMSELVES TO MOVE ON	75
7. TO SHOW THE WORLD (AND YOU) THAT THEY ARE HAPPIER NOW WITHOUT YOU	75
8. TO DATE CASUALLY	76
9. BECAUSE THEY HAD SOMEONE LINED UP OR THEY WERE CHEATING ON YOU WITH SOMEONE ELSE	76
10. BECAUSE THEY WANT TO EXPLORE (OR THEY HAVE THE GRASS IS GREENER SYNDROME)	76
11. BECAUSE THEY ARE READY TO MOVE ON	76
Signs and Common Patterns of a Rebound Relationship	77
1. THE CLASSIC REBOUND RELATIONSHIP THAT MOVES TOO FAST	77
2. THE REASONABLE REBOUND	78
3. THE CASUAL REBOUND	79
4. THE TOXIC REBOUND RELATIONSHIP	79
5. THE BRUCE BANNER REBOUND RELATIONSHIP OR THE SERIAL REBOUNDERS	80
Signs Your Ex's New Relationship Will Not Last	81
Avoid These Mistakes If Your Ex Is in a Rebound Relationship	83
1. FREAKING OUT WHEN YOU FIND OUT ABOUT THE REBOUND	83
2. TRYING TO TELL THEM THAT IT'S A BAD IDEA TO DATE THE REBOUND	83
3. TRYING TO CONVINCING THEIR FRIENDS OR FAMILY TO TALK TO THEM	83
4. STALKING YOUR EX ABOUT THE REBOUND AND ITS STATUS	84
5. OBSESSING CONSTANTLY ABOUT THE REBOUND AND WHAT COULD IT MEAN	84
What to Do When Your Ex Is Dating Someone New?	85
1. UNDERSTAND AND ACCEPT THE SITUATION YOU ARE IN	85
2. GIVE YOURSELF AND YOUR EX SOME SPACE	85
3. PREPARE YOURSELF FOR AFTER NO CONTACT	86
4. Consider having the services of a coach. Check this program for more details	86
Part 1: When Should You Text Your Ex Boyfriend or Ex Girlfriend?	89

SHOULD YOU TEXT YOUR EX ON THEIR BIRTHDAY OR SPECIAL OCCASIONS?	95
Part 2: The Basics of Texting Your Ex Back	97
THE FREQUENCY OF TEXTING.	99
MISCOMMUNICATION AND NEGATIVITY IN THE CONVERSATION	101
WHATSAPP, IMESSAGE, LINE, VIBER, SNAPCHAT. WHAT SHOULD YOU CHOOSE TO TEXT THEM?	105
Part 3: The First Text for Your Ex aka What to text your ex after no contact	105
WHAT TO TEXT YOUR EX BOYFRIEND OR GIRLFRIEND AFTER NO CONTACT?	106
THE MEMORY TEXT.	106
THE ADVICE TEXT	107
THE ELEPHANT IN THE ROOM TEXT.	108
Part 4 : Using Text Messages to Rebuild Attraction, Connection and Trust	112
1. BUILDING ATTRACTION WITH TEXT MESSAGES	112
2. BUILDING CONNECTION AND TRUST USING TEXT MESSAGES	115
A NOTE ON REBUILDING TRUST	119
Part 5: Moving on to phone calls and a date	120
PHONE CALLS	120
ASKING THEM OUT	121

WHAT TO DO AFTER THE BREAK UP

Introduction

Worth of someone is better felt by his\her absence. More than 80% of humans tend not to appreciate what is at hand. It is true unless you lose something you won't realise it's worth.

You wanna get back with your ex-boyfriend, ex-girlfriend, ex-husband, ex-wife or your ex-fiance,well, I got you covered.

But who I'm I and why should you trust me? Well, my name is Elius Simon, I have been a relationship coach for the last 10 years. More than once, I have helped couples put their relationships into perspective, and to be honest, this is what I wish I knew when I was starting out. There are multiple mistakes that I made that I feel I could have avoided if I knew what I know today.

Most importantly, I am not here to talk about some technique that will work for you in 2020 and not work any other time. Instead, I am here to share some timeless principles that if you apply, will change your life forever.

That said, thank you for spending your money on this material and I just want to confirm that you have made an awesome decision to make this purchase. It is now my responsibility to make it worthwhile for you too. If you apply all you learn from this book, you will not only hopefully be able to get your ex back, but you will end up stronger and better. I say hopefully because there are no guarantees whatsoever. But the most important

thing is that you can be in charge of the one person that you can be in control of. And that person is none other than.....not what you are thinking. That person is YOU.

Just a special note, if you are a man and you are specifically looking on how to get your wife back, check the end of this book. I will have a specific action plan just for you.

How This Guide Is Structured

I have structured this guide in a way that as you keep reading, you will be able to find side notes which you can pick on right away and be able to apply.

I have also included case studies and relevant answers to those issues. It is my hope and desire that this will make the process easier for you and definitely you will find something that you can relate with.

At the end of the book, there are stats which show how many people really manage to get their ex back after a break up.

Mmmmm, Simon, does this mean that this book has like 3 sections? Well, I am not sure.

When I was putting this together, I did it from my heart and I was just burning to see to it that you get the answers that you are looking for. Besides, when someone is going through a breakup, it can be very frustrating and you can end up making more mistakes that will not only ruin your chances of getting your ex back but also which might ruin you as well.

That is why I came up with these 7 principles that are meant to guide you on every step of the way. Afterall, breakups can be tough and therefore a plan of action will get you going and help you stay on track.

That said let's get started.

Think about this, you just spotted a bag in a certain store costing 5k and decided not to buy it because it's too expensive, the following day you line up wanting to buy the bag only to find it at 10k. You feel you have missed out on it and you even want it more now than you did when the price was lower. That's the feeling we want your ex to feel.

You want to be so valuable to them that they feel terrible not having you in their life. You want to build yourself so well that the breakup does not crush you but makes you stronger than ever before. That said, let's get started.

1. Stop Acting With Neediness, Desperation and Insecurity

After a breakup, the most obvious thing for anyone to do is to follow their instincts. What you do not realize is that by following your instincts, you are actually likely to make some grave mistakes which will ruin your chances of you ever getting your ex back. So I am going to give you some advice which may look counter intuitive but it actually works.

So let's start by talking about the first mistake that you should avoid at all cost.

1. Calling and texting them all the time.

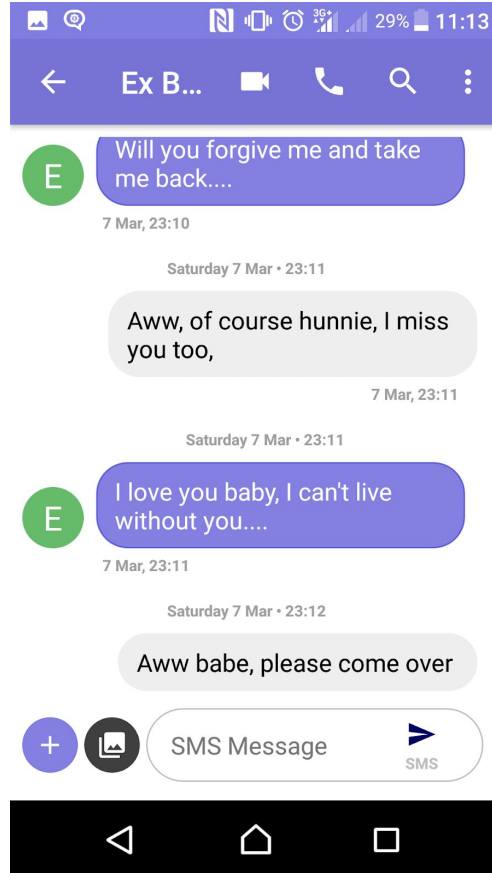
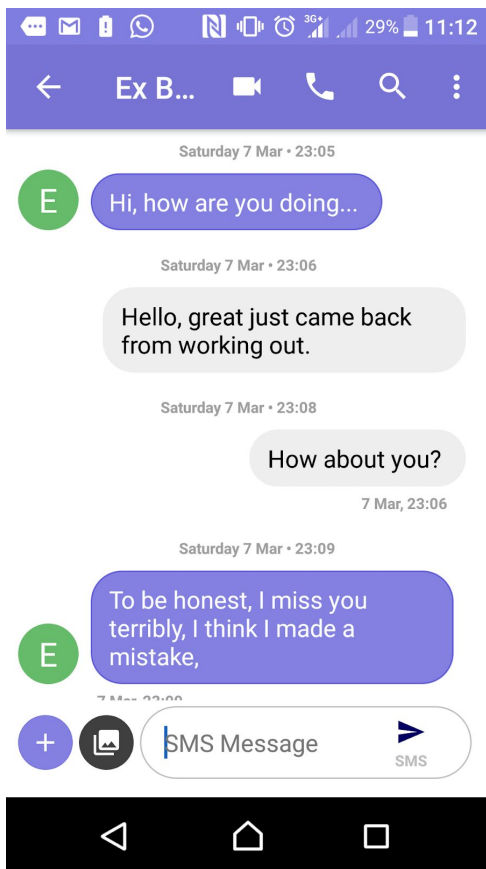
Case Study: You know, we broke up one week ago. Since then, I have messaged him everyday constantly and he barely replies. I have to text him multiple times before he replies just once. I really love him and want to be with him, but I don't understand why he is acting like this. He said he loved me and then suddenly this.

This is the mistake over 80% of the post breakup victims commit. First it's not only wrong to call and text your ex multiple times but to even call them once.

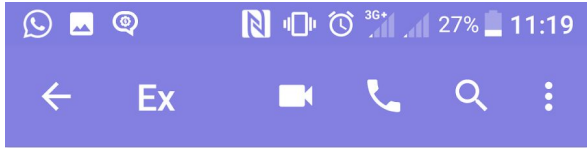
Well, the common belief is that if you constantly call them, they will keep you in mind, because you do not want them to forget you of course and probably they will come back. Unfortunately, it does not always work like that.

When you call and text your ex multiple times, it shows how desperate and needy you are. And no one wants to be associated with a desperate person. Of course you are used to the calls at a particular time, but now they are not there anymore. But even then, you do not want to look like you are miserable without them. My friend once told me that when you break up with someone you like, they feel like a drug and you are the junkie. A junkie is a person with an insatiable craving for something. You should not let yourself into that position.


I was talking about your instincts. They will fool you into thinking you will have a conversation like this.....




But in reality, it goes something like this.....




Saturday / Mar • 23:16

 Hey
7 Mar, 23:16


Saturday 7 Mar • 23:16



 How are you?
7 Mar, 23:16

Saturday 7 Mar • 23:17

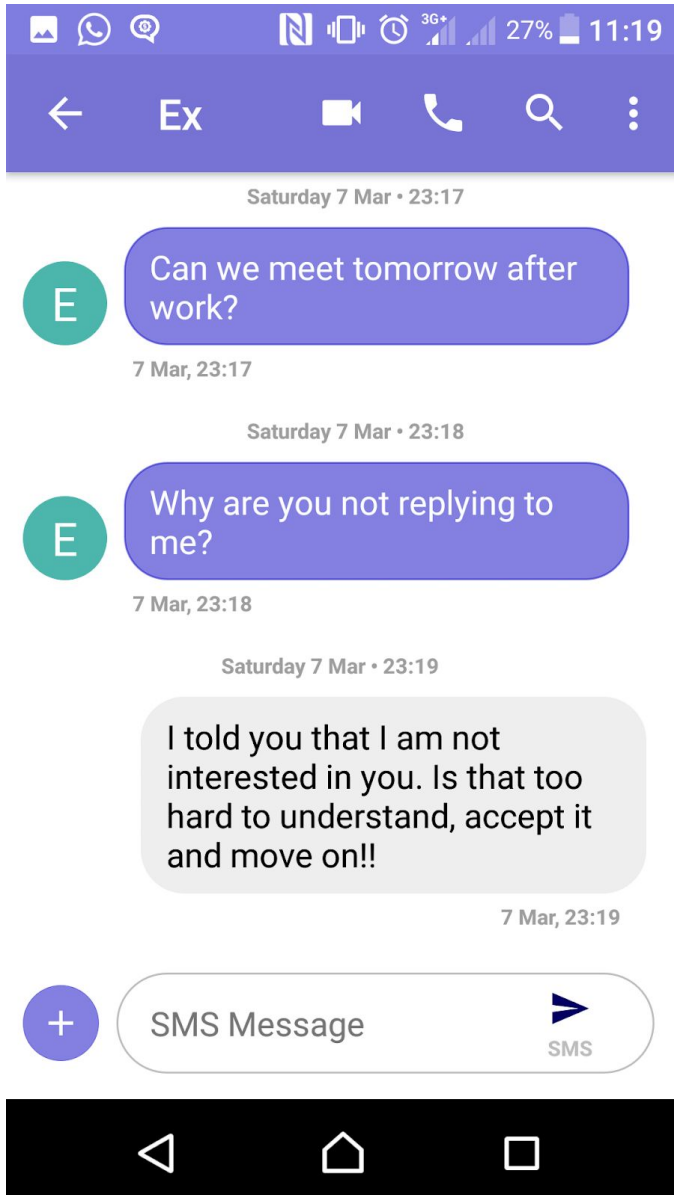
 Did you go working out today?
7 Mar, 23:17

Saturday 7 Mar • 23:17

 Can we meet tomorrow after work?
7 Mar, 23:17

 SMS Message  SMS





Definitely, there will be those moments when you will feel extremely low and you will want to let down your guard. And those are the moments you will want to keep your friends close so that they can help you stay focused and help you stay with your decision. Such moments happen when you go out drinking. But I would encourage you to find other positive activities to engage in and use that energy towards compared to going drinking.

Breaking up is bad enough, do not let that make you pick up a non desirable habit.

Reminds me of an old time friend who got into drinking after a break p and it has been difficult to stop since then.

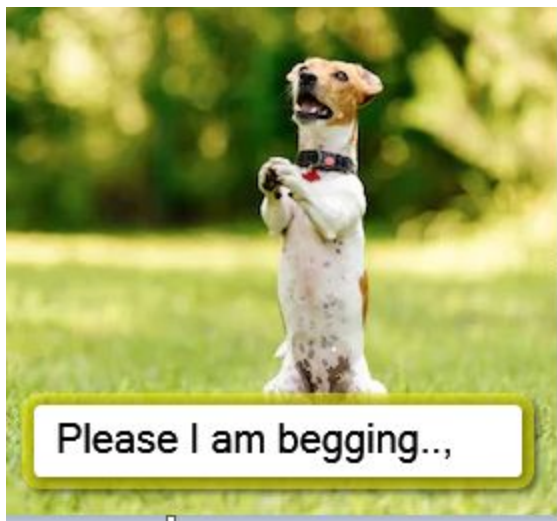
Simon, if I do not call or tect them, how will I get them back? Keep reading. I will answer that question as part of this guide.

Mistake No 2: Begging and Trying To Use Pity

Really think about it, if begging worked out after a break up, no one would ever be single.

Do you know how bad it feels to have someone beg you for you to take them back? When someone breaks up with you, they are already prepared to go through your begging.

And no matter how much you will beg them, they will probably not ven care. So do not even think about it.



Your instincts will tell you that, if you show him that you cannot live without your ex, they will consider having you back. Once again, your instincts are spoiling your chances of getting your ex back.

Trust me, no one wants to date or to work with someone who is desperate or miserable. By acting desperate and needy, you are sending them even further.

And even if this technique made them come back, do you want your partner to love you out of pity? Or do you want them to love you out of respect

So if you can, avoid this mistake at all cost.

I remember at one point when I acted so needy and even pretended to be sick. But instead of them coming to see me, they decided to keep off even further. Maybe you have made the same mistake too.

You have faked sickness, you have faked situations just in order to get attention. But now that you know it, I forbid you from doing it again. Which leads us to the other mistake that you should avoid.

3. Letting Yourself Become Their DoorMat

What I mean is that you let your ex walk all over you like it doesn't even matter.

When you want your ex back, the natural feeling would be like, your interests, values and feelings do not matter. And that you should compromise everything in order to please them.

Let me tell you, getting them back is not the most important thing. You are the most important person in all these. And since they know that you are vulnerable, they will take advantage of your desperation.

Guess what, agreeing with whatever your ex asks for is not going to bring them back. They will make ridiculous demands since they are aware that you cannot say no. And you will still be there. You will become their door mat.

Coming back. On the contrary, it's going to make them lose respect for you. And you don't want to be with someone who doesn't respect you.

So step up right now and raise your standard. Say no to demands like having sex just for the sake of it. Your ex will only stay with you if they respect you. But if they know that they can get whatever they want at no condition, why should they come back? If your ex knows that they can get sex, they can get money, they can make demands and you will comply, why should they commit? You get the point right?

Which leads me to mistake number four that might ruin your ex ever coming back.

4. Freaking Out When Your Ex Starts Dating

So you are seeing someone else huh? What is it that they have that I do not have? Does any of these sound familiar?

The thought of your ex seeing someone else can literally crush you. But it's not as bad as we want to make it look. I will say that again, it's not as bad as we want it to look. I will get into more about that later.

But for a while, let's get inside your mind and look at the conversation that you will be having with yourself.

If I don't do anything right now, they'll fall in love with this new person and forget about me forever. I better go over there and do everything that this guide has told me not to do.

I will try everything, including begging, using pity, telling them how much I love them, agreeing to all their conditions (be a doormat). And if they don't open the door, I'll just stand outside and call and text them all day.

I need to tell my ex how this new person is totally wrong for them and what a big mistake they are making by being in a relationship with this..... (insert the dirty word that you have used before)

What you need to realize is that after the breakup, your instincts will act on panic mode. And a mind that is in panic mode is never able to think things through. When you panic, you will probably make all the mistakes we have mentioned.

What you need to notice is that your ex is probably in a rebound relationship. More about that later.

But all rebound relationships end sooner or later. Though unfortunate, it's true that most people get into rebound relationships as a way of dealing with breakups. Luckily for you, you do not have to go that direction.

So do not even think that they will forget you. Instead, it will actually be the opposite.

What you need to understand is that your ex is trying to avoid the grief and running away from reality. That means they will take longer to heal compared to you. Keep calm and do not fret it.

Do not tell them to break up with their rebound. Let it be their idea. Learn to keep your cool. But Simon, it hurts. Yes, but keep reading. By the end of this book, it will not hurt any more. They have a huge hole in their life after breaking up with you which they are trying to fill with someone new.

They will soon realize that a rebound relationship can not fill the emptiness and they will end the relationship.

More about rebounds later and how to deal with that.

Mistake No 5: Name Calling and Anger

If you were used to name calling and anger explosions during dating, this will be a common expression. It is also common if you used to threaten each other of breaking up during your dating.

It's pretty obvious that doing this will only make your ex feel less attracted to you. But it's not very obvious to your instincts.

If you used to abuse each other or get very angry while fighting or arguing, there's a good chance your instinct will want you to do that again when you are broken up.

Your instinct wants to believe that this is just another fight or argument. And if you just show your ex that you are angry, they will calm down and tell you they want to get back together.

The same way it happened when you both fought.

This rarely ever works. If your ex is serious about the breakup, then getting angry will only make them think that breaking up with you was the right decision.

Getting angry will remind them of all the bad fights and arguments that slowly and surely ate away the foundation of your relationship.

It will remind them that you both don't understand each other and make them feel that you are not the right person for them.

Case Study 1: A Toxic Relationship Ended, a Mutual relationship was reborn

Tonnie and Kyler fought badly. So bad that once every few months, Kyler had to return to her parents. Multiple times, the landlord had cautioned them about causing trouble in their estate.

Threatening to leave each other was also a common occurrence during their fights.

One day, Kyler decided that she had enough. She was embarrassed in front of her neighbours and friends. She felt that she had lost who she was and wanted to find herself again. She was tired of the toxic relationship and its pattern.

The good that was always followed by the bad. And the bad kept on getting worse while the good remained the same.

At first Tonnie was in denial. But soon he realized this wasn't like before.

She was serious, and she wasn't just doing this to make him feel guilty. She really wanted to break up.

He was devastated. He wanted to get her back but didn't know how. He felt like he had no hope.

Everyone blamed him for all the negativity in the relationship. Kyler's friends and parents were against him.

It felt like his entire world came crumbling down.

He preferred it when she was angry at him. At least that meant she cared.

Tonnie followed this plan. But he had to do a lot of soul searching to figure out what went wrong.

The toxicity in the relationship was caused by insecurity, lack of trust and lack of communication. Both of them had no idea how to communicate with each other. Even though they loved each other, they just couldn't find a way to stop fighting and live happily for more than a week.

Tonnie wanted to make sure that this never happened again if they get back together. He went to counseling. He started an anger management program. And he read books on communication.

This was the message from Tonnie, “She noticed that I have been taking steps to improve myself. She said that she wants to get back together but is not sure if we will repeat the same mistakes. She felt that she was also responsible for the bad arguments and she wants to improve herself as well. We are planning to meet up and discuss it soon. Maybe we will go for couples counseling.”

Mistake no 6: Obsession and Misrepresentation

The obsession that comes after a bad breakup is probably the worst part of it.

Your mind keeps racing trying to figure out the best way to get your ex back as soon as possible.

Your mind wants a fool proof plan. It wants a guarantee that things will work out with your ex in the future.

It will ask questions like,

- “Is my ex missing me?”
- “Does he still love me?”
- “What can I do to get him back instantly?”
- “Will she start dating someone already?”
- “She went on a date, does this mean it’s over?”
- “He looked happy in a picture he posted on Instagram, does this mean he is over me?”
- “My ex added me on snapchat. Does this mean he wants to get back? Does he want me to reach out?”

If you write down all these questions that keep popping up in your mind, you will realize that these questions are pretty much useless.

I say this because it's impossible to know the correct answers to these questions. You or anyone else can only guess the answers to these questions.

They are all about what's going on in your ex's head. There is no way for anyone to know exactly what's going on in your ex's head or what will happen in the future, unless they are the oracle.

These questions are a result of your mind trying to do an impossible task. A task, that your instinct has given your mind.

Imagine your mind is like a computer that will try to find a solution to whatever problem you give it. Now imagine your instincts tell your mind to do the following

Find a way that 100% guarantees me that I will get my ex back. Make sure that I do not lose my ex at any cost. Figure out this way as soon as possible because my ex may move on. If you don't, then it's going to be very hard for me (and by extension YOU) to survive

Do you see the problem here?

Your instincts want your mind to find a way to change someone's free will. And it doesn't even have enough time to do so. On top of that, your instincts are threatening your survival.

No wonder your mind is working on overdrive.

These questions don't push your ex away by themselves. But when your mind is working on overdrive, it is likely to make mistakes.

In fact, most of the mistakes mentioned above are a result of bad judgement that comes with not thinking things through.

They are a result of a panicked mind that is trying to do an impossible task.

Moreover, when you are trying to interpret your ex's action and social media activity, you will probably misinterpret them and do something to push them away.

For example,

- If your ex calls you, you might take it as a sign that they want to get back together and start talking about how you still love them.

- If your ex tells you they still have feelings for you, you might feel the urge to drive to their house with flowers and chocolate thinking that this is the type of reconciliation story they show in the movies.
- If your ex posts a picture on social media with someone of the opposite sex, you might assume that they are dating and start freaking out and make every mistake I mentioned above.
- If you find out they liked a picture of someone on Instagram, your mind might conclude that they want to sleep with them. This will probably make you freak out, call them and act controlling and borderline crazy.

The best way to avoid making any misinterpretation is to just not take any action for a while. Not until your mind has calmed down and is not panicking hard.

It's also advisable to not listen to your friends and family at this time. Even though they mean well, most people are not equipped to analyze a breakup and figure out the best course of action that will lead to getting your love back.

Mistake No 7: Showering Them With Affection

This is another mistake that most people make after a break up. You believe that if you shower them with affection, they will be tied to you and will never want to leave you. But even before they left, you used to show them affection.

Small illustration

You gave them everything and they still left. So this too will not help.

In fact, the more you smother them, the more trapped they'll feel. And that will just make them want to get away from you as soon as possible.

But Simon, What If I've Already Made These Mistakes?

Chances are, you've already made at least one of these mistakes after the breakup. Don't worry, even the masters of psychology from Harvard usually end up making these mistakes after a breakup.

It's just in the nature of human beings to try and hold on to something that is precious to them. So don't beat yourself over it.

The most important thing for you to do right now is to realize that these mistakes will not help you get him back and stop doing them right away. Move on to the next step of the plan which is going to repair all the damage you've caused till now.

STEP 2: GIVE YOUR EX WHAT THEY ASKED FOR; A BREAK UP

If you have been searching online for ways to get your ex back, you have probably heard of the "no contact rule."

The rule is very simple and effective.

All you have to do is to stop all the communication with your ex for a certain period of time.

This includes:

- No Calling
- No Texting
- No Facebook Messaging
- No Online Contact Of Any Kind (IM, Twitter, Whatsapp, Snapchat)
- No "accidentally" bumping into him (you know what that means)
- No hanging out with common friends in hopes of meeting your ex

- No keeping tabs on them via friends.

PART ONE: WHY DO NO CONTACT?

Reason 1 : Your ex needs some space and time to remove all the negative associations from the breakup and start missing you.

People have a common misconception that if you don't contact your ex, they will forget about you.

But in reality, if you don't contact your ex, you will give him time to miss you more and he will be wondering all the time why you are not contacting him.

Remember all the mistakes in Part #1 of this guide. Every one of them made your ex boyfriend or ex girlfriend think of you as a needy person. By not contacting him, you immediately become not needy in his mind.

Moreover, your ex asked you for a breakup. And unless you give them a breakup, they will never truly know what it feels like to lose you.

Reason 2: You also need some space and time.

You need to get a hold of yourself and gain some perspective.

The fact is, you are a mess after the breakup. And you need to calm down and analyze your relationship thoroughly to realize whether or not being with your ex is in your best interest.

It could be that you are just missing your ex because you are used to being with them.

Before you try to get your ex back, you need to *learn to enjoy your life without your ex*.

You need to prove to yourself that you can be happy without your ex.

You will eventually realize that you DON'T NEED YOUR EX to be happy.

Maybe you'll still WANT them, but there is a big difference between needing something and wanting something.

Reason 3: You must become confident before you can get him/her back.

You must become an attractive, happy person during this time. You need to take a step back and reevaluate your life. You should make a lot of positive changes in your life.

When you meet your ex after the no contact period, you want them to be attracted to you. And the best way to do it is to start enjoying life and becoming an overall happy person. Don't take this point lightly. This could be the difference between getting your ex back or losing them forever. If you are wondering how to build more self confidence, check Step 3 of this book.

Here are 6 more reasons just in case you need more convincing.

a. You Need To Detox

Being the junkie you are ,you need to detox first for you to recover. Breakup and trying to move on is kinda hard and challenging. This stuff is a long process and it takes time. The only interruption that will pull you back is, if he is right in front of you.

You need to cut all ties with your ex for you to succeed with this crucius process.

b. You Need To Remember You Can Live Without Him

What! You are saying that I can live without my ex? They mean everything to me. Well, relax and really think about this. Before you met them, do I need to remind you that you had a life? Of course you had a life.

Do you know why you can and will live without him? It just happens that he is not your oxygen.

I understand you are in your emotional roller coaster, but in their absence you will realise how life was before you met them and how fun it was , and there you have a reason to keep fighting.

c. You Need Time and Space

If you want to get over your ex, then you need time. Really now?? Yeah I got all the time to get over him but he is here with me. Whoever told me this sh**t lied to me.

The one thing I know for sure time does heal and prove many things. To really get over your ex you need time and space. These two work hand in hand. If you have space but no time how will you get over him? If you have time but no space how will you get over him?

d. You Have To Get Out Of your Emotional Purgatory

Emotional purgatory is a situation whereby you are stuck between a place of grieving and sorrow, and still having to live everyday . This is a bit more challenging because you might end up in situations which were unplanned for.

In this kind of mess men mostly tend to just land in bed with any girls so as to get over their sorrow. As for women they tend to drown in their sorrows and grieve .

This doesn't have to be the case , be the boss of your life and get over your pity party and try to live your life like there is a tomorrow, because there is.

e. Avoid Situationships

What do I mean by the term situationship? This is a relationship that has no label on it, it's like friendship but more than friendship but not quite a relationship. Instead both individuals just continue teetering and tottering on the seesaw. This is unhealthy and should be avoided at any cost.

The main point in the no contact rule is to move on or at least recover from the breakup .If you are in an on and off relationship it clearly means he is with you. Now tell me how you are supposed to move on with him right there. And again it's an off and on thing. You get the point?

Life is too short for you to be hanging in the wind, sometimes you have to be the boss in your decisions and say no to situations that don't match your life's principles. If it's unclear to you what is happening in the relationship then you have to call it quits. By this you are doing yourself a huge favour.

f. You Need to join the Dots

In a relationship you don't just have one big fight and then call it quits.

There is usually a surface reason and the real reason. When he is going he will tell you just a reason to get out of the situation but in most cases this is usually not the real reason for the break up.

“He said it was impossible and left " Trust me lady a relationship can't just go off with one night .

Mostly, there is a huge problem or a pile of problems for this to happen. Some of these reasons include resentment, negativity, unending and unresolved problems. Maybe he has been struggling in the relationship but you never noticed, well now it's the time to join the dots and try to figure out how to fix them.

Whenever you need something back you have to solve the problems that made you lose it in the first place, to avoid losing it again.

Now, I would like to address all the questions that you might have when it comes to no contact with your ex. After extensive research, these are the most common questions that most people wrestle with.

1. How Long Should the No Contact Period Last

30
days

Basically, the no contact period should be as long as it takes you to get yourself together and feel great about your life without your ex. In my experience, it can take up to 30 days. However, in some cases, it could be anywhere between 2 weeks and 6 months.

2. Should I tell my ex that I am doing no contact?

Ideally no. You want them to wonder what happened to you and why you are not contacting them. You want to be on your ex's mind as much as you can. And telling them you are not contacting them for some time will defeat this purpose.

However, if your ex is currently calling you everyday or texting you everyday, then yes you should let them know that you don't want them to contact you for a short period of time. Don't give them any specifics. Just tell them to not contact you until you decide to contact them. Let them know you need some space and time right now.

3. Wouldn't it be rude if I don't contact my ex?

Wasn't it rude of your ex to break your heart and leave you begging them to take you back? And yet, you'll still do anything to be with them. Sometimes, rudeness is not as bad as you think it is.

Besides, you are doing no contact for your own mental peace and well-being. There is nothing rude about taking care of yourself.

4. Should I answer my ex's text during no contact?

NO. Absolutely not. Whatever happens, don't answer their text.

Should I answer my ex's call during no contact?

No. You shouldn't answer your ex's call. The only exception to this is if you are close to ending your no contact and you are already feeling great about your life. If you think that talking to your ex will have you obsessing about them again, don't answer their call.

- What if my ex moves on during no contact?
- What if my ex meets someone and gets married during no contact?
- What if my ex forgets about me during no contact?

Good questions. And the answer to all of them is NO, THEY WON'T.

If you and your ex were in any type of serious relationship, then they will not be able to move on so quickly. In fact, no contact is only going to make them miss you more and remember the good things about you.

You have to take a leap of faith over here. The alternative to no contact is being a creep and texting and stalking your ex all the time, which will probably lead to a restraining order against you. You really don't have much of an option.

5. Can't I make the no contact shorter? Like a week or a few days?

So, you want to give your ex a couple days break from your avalanche of texts and then bombard them again after a couple of days?

No.

It takes time for people to remove negative association after a breakup and start missing their ex.

You have to give it to them. Besides, you have to prove to yourself that you can live without your ex for at least 30 days.

And more importantly, you have to work on yourself and become a more confident and happy person.

Unless you make a positive change in yourself, your ex will not be able to convince themselves to get back together with you.

6. What if My ex and I have Children?

If you have children, then you must do limited contact. That means you only speak to your ex when necessary.

You only speak to them about your children or about the topics that are important.

You don't speak about anything personal. If your ex asks you personal question, you tell them something like,

“I am not ready to speak about my personal life with you at the moment. I hope you understand and keep the conversation only related to our child (or children) for the time being.”

7. What if my ex and I live together?

If you both live together, it's going to be tough to do no contact and get some space. This is why I highly recommend you find a way to move out. At least for the time being.

Explain to your ex that living with them is hard for you right now and you would like to temporarily move out. Tell them you would decide about the living arrangements later when you are thinking clearly.

If it's not possible to move out, then you should do limited contact. Only speak to your ex if it's important and don't talk about anything personal. Make a space for yourself in the house and only stay in that space.

8. My ex thought I didn't pay them enough attention and I wasn't committed enough. Wouldn't no contact make them feel like I don't care and make them want to move on?

That's a huge concern for people who didn't put enough effort in making the relationship work. But they want to put in the effort after the breakup.

If you are reading this article, then that means you have already tried to convince them that things will be different this time. That you will put in more effort and will be committed. That you will care.

And it didn't work.

The reason it didn't work is because your ex thinks you are doing all of this because you are afraid of losing them. You are showing that you care because you are needy and desperate. And keeping in touch with them confirms that belief.

Your ex thinks that you will go back to your old ways if once you get them back.

And the best way to help them overcome this belief is to show them you are no longer needy and desperate by doing no contact.

You can let them know beforehand that you are doing no contact to heal and to think things through. That this does not mean you don't care about them and you are moving on. That it just means that you are taking some space to figure out what your issues are and what you can do to overcome them.

This sincere move to introspect and figure out a solution to your issues will work wonders in trying to convince them after you've finished no contact.

9. What will my ex think if I don't contact them for 30 or 60 days?

That's a good question.

Actually, no, that's not a good question.

In fact, it's one of the questions that your panicked mind is likely to ask.

Like I said earlier, we can never know what is going on inside another person's head. Not unless we are mind readers.

But I can tell you what usually happens to an ex when their ex stops contacting them after a breakup.

You see, if you have been in constant touch after a breakup, your ex never really had to face the breakup. Sure, they made the decision to break up with you and they probably think breaking up was the right decision.

But they never actually faced the breakup because you kept acting like they still have you.

A breakup means losing someone you love. And if they never really felt like they lost you, they never truly went through the breakup.

They never grieved, and they never felt that feeling of having a black hole from hell in the pit of your stomach.

There's a good chance your ex will start facing grief when you start no contact. How they react to that grief is a whole different topic.

- They might start contacting you every day.
- They might get angry.
- They might shut down and start ignoring you completely. (In the majority of cases, this is only temporary. So, don't worry. Ask your panicked mind to calm down)
- They might start stalking you on social media or through common friends.
- They might even decide to not contact themselves and heal from the breakup.
- They might contact you casually to see what you are upto and act like they are interested in you. In other words, they will throw you a bone. And if you grab it, they will know you are still their pet and they have all the power over you.

Case Study

After the break up, Louise was not as desperate to get back with her ex. However, she felt that she still loved him and they had a future together. So when she started the no contact rule, she learnt so much about him but not what she expected.

Her ex broke up with her because he wasn't sure he wanted to get married and have children. The two things that were very important to Louise. It was a classic case of fear of commitment.

Her ex called her after 2 days of no contact. He asked her how she was. She replied and told him that she doesn't want to speak to him for a while because she wants to heal from the breakup.

He was a bit taken back, but he agreed and hung up.

A couple days later, he started texting her late at night. He was obviously drunk. He started telling her how he loved her and how much she meant to him.

Jennifer thought it best not to reply to him. He said those things before while drinking and went back to being cold when he was sober.

The next day, however, her ex wasn't cold. He was angry. He became abusive. Calling her names, you would be ashamed to say in front of your mother. Accusing her of being with a new guy and forgetting him so soon after the breakup.

She was heartbroken, but her perspective and her thoughts about her ex changed. She continued no contact.

Her ex didn't quit though, he showed up at her doorstep. Asked her if the guy she was dating is in her bed now.

She explained that she wasn't dating anyone and she just needs some space to deal with the breakup.

He brought up issues from the relationship to try to get a rise out of her.

"You were always like this. I could never trust you. That time you went partying with your girlfriends, I am sure you cheated on me."

This wasn't what she expected, but she was not surprised. Her ex always had trust issues even though she was honest with him and never gave him a reason to doubt her. He brought up that night again and again during fights. The one night she came home late. He eventually left. But his behavior made her realize that he was not the right person for her. She decided to continue no contact indefinitely and move on.

Her ex continued this behavior for a couple months. He even asked her to get back together many times. But she was determined to move on.

"I never realized I was with a controlling and emotionally abusive guy until I started no contact." – Louise

STEP 3. BECOME SOMEONE YOU CAN BE PROUD OF: SOMEONE YOUR EX CANNOT RESIST

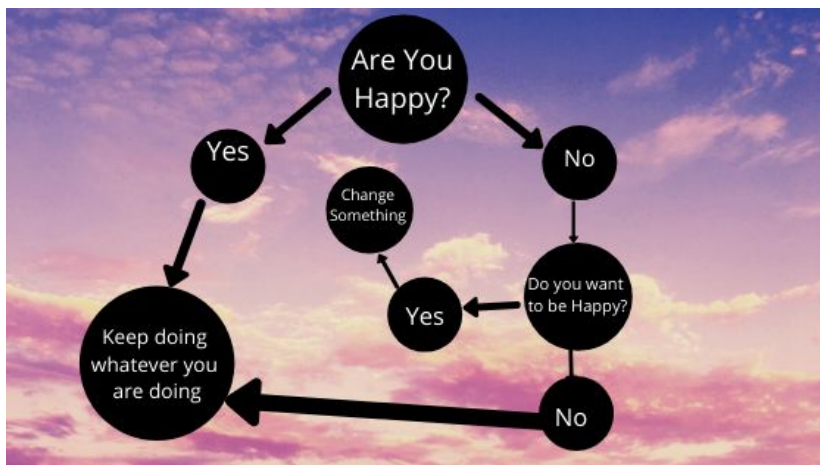
This is very important and most people get it all wrong. No contact will be of no use to you unless you apply this step. Unless you work on yourself and become a better person, you will never realise the power of this program.

If you just want to stay at home and just be miserable for the next one month, things are not going to change even after no contact period.

Yes, you need to grieve after a breakup and yes, there's some benefit in spending some time alone, grieving and analyzing your relationship.

But you must balance it out with things that bring you joy. You must go out and enjoy life. You must figure out what makes you happy and do it. You must learn to be happy without your ex.

You must get your individuality back before you can get your ex back.



Remember when I started, I mentioned that I would like you to be in control of the one factor that you can change. That factor is YOU.

You want to make sure that you become so good, and you improve on yourself so much that when he meets you, he will regret ever leaving you. Below are specific areas that you need to improve in.

Changes in Your Physical Appearance

Making a positive change in your physical appearance is going to give you a fresh look.

You are going to feel new and you are going to feel better.

And when your ex sees you after the no contact period, they are going to see a new you.

Here are a few things you can do.

- Get a haircut. Just go to a hairstylists and find out what is in fashion these days.
- Get your teeth cleaned. A beautiful smile is very attractive.
- Get in the best shape of your life. Go to the gym and sweat it out. This is also great for your mental health as working out releases endorphins which make you happy.
- Get new clothes. They will definitely make you feel better about yourself.

Whatever you do, don't do anything drastic right now. You don't want to make any physical changes right now that you might regret for the rest of your life (like getting a tattoo of a broken heart).

POSITIVE CHANGES IN YOUR MENTALITY

Being a happy and confident person is probably the most important thing when it comes to getting your ex back.

You need to realize that happiness and confidence is something that you can get by working on yourself.

Here are a few ideas that will help you gain more confidence and become a happier person.

1. Give yourself some time to grieve. I know how hard it is to be happy after a breakup. I remember I was a complete mess for at least two weeks. I didn't sleep properly, didn't eat properly, and I was just thinking about my ex all day. In a way, this period is necessary for you. You give yourself some time to grieve every day. If you want to feel sad and sorry for yourself, go ahead and do it. But make sure you also do something to make yourself feel good about yourself.

2. Write in a journal. Write your thoughts and your feelings down. Writing is therapeutic and it's probably going to help you release all those emotions that have been building up inside.

3. Go out with friends. Spend time with your loved ones. Your friends and family are the people who are always there for you and who always love to spend time with you. Go out and have a good time with them. Just do not get involved in drinking lest you end up picking up bad habits in the process.

4. Take this time to connect with your destiny. Its possible that you had let your ex become your god. Read the Bible, attend fellowships, do meditation, realise that you are greater than your circumstances. Be aware of yourself. Know your weaknesses and strengths. Be proud of yourself. Accept yourself for who you are. That's what confidence is all about. Neediness (which is very unattractive) comes from doubts within yourself. Whereas confidence comes from awareness and accepting yourself.

5. Go out on a date. This is absolutely essential and if you are reading this, then I will recommend that you definitely go out on a few dates before ending no contact with your ex. It's imperative for you to get some perspective right now and meeting new people is the best way to do it.

POSITIVE CHANGES IN YOUR BEHAVIOR AND HABITS

In a lot of cases, it's your habits or behavior that pushed your ex to the point of breakup. If you suffer from issues that you believe might have led to the breakup, this is the time to work on them. Some examples of these issues are.

- Controlling Nature
- Extreme Jealousy
- Insecurity
- Lack of Passion
- Low Self-Esteem
- Lack of Personal Hygiene
- Lack of Motivation in Life
- Lack of Communication Skills
- Lack of Social Skills
- Inability to Trust
- Inability to Commit

If you think any of these things resonate with you, it's time to start working on them. If you don't know how to work on these issues, speak to a counselor or therapist.

I also talk about fixing these issues in my email series that you can subscribe to by taking this quiz.

ANALYZING YOUR RELATIONSHIP

You have to ask yourself this question, why do you want to get back with your ex? If you answered something like:

1. I love my ex.
2. I can't live without my ex.
3. I am miserable without my ex.
4. He/She was the only one for me.

5. I can't imagine a life without my ex.

Then you are still suffering from post-breakup denial and bargaining. Denial and bargaining are two of the many stages of grief after a breakup.

It's extremely common for people to want to get their ex back after a breakup.

However, it's not always the right choice.

For example, even if your relationship with your ex was abusive, you might want to rekindle it just because you are missing them.

Our mind often confuses the act of missing someone with "love". It's normal to miss someone after you've been with them for a long time.

But it doesn't necessarily mean you still love them.

Look at it like this, every relationship has problems, fights, and disagreements. But if you two broke up, then there was something very wrong with your relationship.

You need to analyze what went wrong and realize whether or not it's a good idea to get back together.

If you listen to your heart, all you will hear is that you love your ex and you want them back. Instead, try to think with your mind. Be logical.

Analyze the pros and cons of your relationship.

Analyze the pros and cons of your ex.

Analyze what your goals in life are and whether or not a relationship with your ex aligns with those goals

Remember, your ex will not make you happy, only you can make yourself happy.

And the only way you can do it is by understanding yourself, loving yourself, appreciating what you have, understanding your purpose in life and pursuing it.

Do you really think you can have a happy and long lasting relationship with your ex?

Do you really think that the reason you broke up is no big deal?

You are making a huge decision right now.

So you better make sure that it is the right one. You have 30 days to do it, so don't rush into it.

Take your time. Relax and do things that make you feel better. When you start being happy in life without your ex, you will realize whether or not getting your ex back is the right decision.

And if you are sure it's the right decision, then you must figure how to fix whatever was broken in your relationship.

FIGURE OUT WHAT WAS BROKEN AND HOW TO FIX IT

Almost every success story I have come across has one thing in common. They all understood exactly what went wrong in the relationship and exactly how to fix it.

There are so many reasons for a relationship can fail that it's impossible to list them all over here. Moreover, every situation is unique and the solution to each situation is also unique.

But in most cases, the reason for breakup can be boiled down to the loss of one of the following.

- Attraction
- Connection
- Or Trust

For example,

- You fought too much? You had communication problems that lead to loss of connection.
- You were controlling and insecure? You had self-esteem issues that led to loss of attraction.
- Your ex didn't want to commit? He didn't feel a strong enough connection with you.
- You cheated, or your ex cheated? Your relationship ended because the trust was broken.
- Your relationship was stressful? You didn't spend enough quality time together that led to loss of attraction.
- Your relationship got monotonous? You lost attraction and sexual connection.

You must figure out the real reason for the breakup. Not just what they said to you while breaking up with you. Try to figure out what happened in the relationship that pushed them to the point of breaking up with you.

There is a good chance that your ex loved you deeply and breaking up with you was a hard decision for them as well.

If you truly love them, you owe it to them and yourself to figure out the root cause of the breakup and how to fix it.

If you don't know how to fix what was broken, you will never be able to get them back. And even if you do manage to get them back, you will break up again because of the same reasons.

And the second time around, it's going to be even more painful. For both of you.

It's important you do this if you want to get your ex lover back permanently. When you are sure that you can fix whatever was broken in your relationship, move on to the next step, which is contacting your ex.

CASE STUDY: SHE APPLIED THE NO CONTACT RULE, BUT IT STILL DID NOT WORK AS SHE EXPECTED

When Susan's Ex broke up with her and moved to another city for almost a month, she started no contact on her own. But no contact didn't really work for the way it should.

If I had to describe her during no contact in four words, I would say

“Obsessed with her ex.”

She couldn't get her ex out of her mind. All she could think about was what he was doing, what could happen if he comes back. What she should say to him if he contacts? She kept repeating what happened during the relationship and the breakup over and over again in her mind.

She was in, what I would call, a threaded toxic relationship. Her ex wouldn't commit to her and wouldn't leave her. They were together for almost 5 years. And she was fully committed to him. But he couldn't give her what she wanted. A marriage and kids.

Whenever they came close to a commitment, he would freak out and make excuses.

Even when he left her, he gave her a bit of hope. That they might get back together in the future.

She started no contact, but she couldn't really see how unhealthy this relationship was for her. She was obsessed with everything that happened. She was hurt and couldn't get herself to entertain the thought of living without him.

That's right, she couldn't even imagine living without him. He had crossed every boundary she set for herself. Even cheated on her twice. But she still convinced herself that she loves him and will forgive him if he came back and commits.

Margarete was in a toxic relationship. And it was her fault more than anyone else. Her low self esteem made her feel worthless. And it kept her mind in a toxic state of obsessiveness. Even after her ex left her.

A couple of months after no contact, her ex came back. He was even impressed that she didn't call him for two months. He felt attracted to this display of confidence and self-control.

They talked and got back together. Hoping to fix the relationship.

Unfortunately, it didn't go the way Susan hoped. Her ex had not changed a bit. He was still a bit immature and terrified of commitment. Unfortunately, Susan was equally terrified of losing him.

What could have led to this situation? Susan never took the time to work on herself during the no contact period. And thus nothing really changed.

STEP 4: CONTACTING YOUR EX AT THE RIGHT TIME WITH THE RIGHT MESSAGE

Remember when your ex left you? They thought of you as a needy, clingy and desperate person with little to no self-respect.

After not being in contact with you for a while, they must be wondering what has happened to you.

They will slowly start to forget that image of yours (the needy desperate one) and start remembering the things they liked about you.

They will start remembering the things that they found attractive in you.

And that's when you contact them, you talk to them and then meet them. Just as they lay eyes on you, BOOM.

That's the new and improved you.

YOU version 2.0.

They can't help but wonder what brought so much positive change in you.

For that to happen, you need two things.

1. You should actually bring a positive change in your life and become a confident, happy and attractive person.
2. You should contact your ex and meet them somewhere.

If you have been following this guide till now, then you know how to go about the first point. So, let's get straight to the second point.

WHEN IS THE RIGHT TIME TO CONTACT MY EX?

The right time to contact your ex is when you are ready. It's not so much about when they will miss you most, but about when you are ready to handle it without becoming needy and desperate again.

Believe me, a lot of guys and girls screw up because they contact their ex before they are ready. It usually starts fine because their ex misses them due to no contact, but they soon go back to being cold when they figure out you have been faking. And they can always tell if you are faking.

So before you contact your ex, here is a checklist of things you need to make sure you've done.

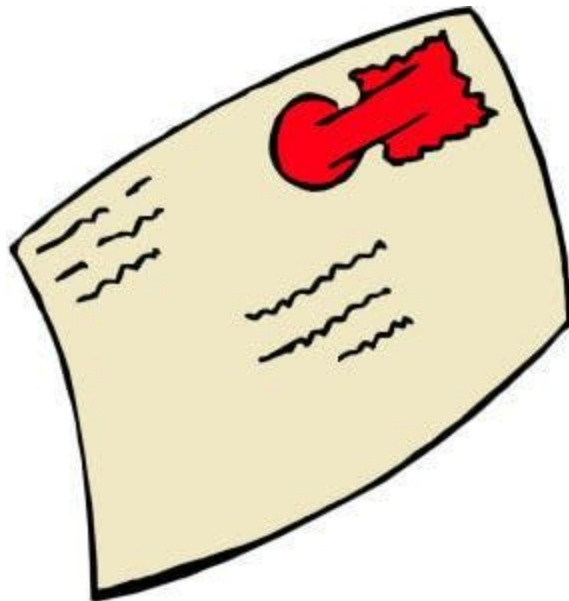
- You followed the no contact rule for at least one month. You are no longer a mess as you were after the breakup.
- You have made a few positive changes in your life.
- You are absolutely sure that getting back with your ex is a good decision.
- You have gone on at least one date during no contact.
- You have accepted the breakup and you are OK with the fact that you may never get your ex back and this might never work for you .

- You have accepted the fact that even if you don't get your ex back, you will be fine since there are endless opportunities in the world to find love and happiness.

WHAT IS THE RIGHT WAY TO CONTACT YOUR EX?

The best way to contact your ex after no contact is to send them a text, an email or a handwritten letter.

A handwritten letter is a great way to contact your ex right after you've finished no contact. A hand written letter stands out in this age of digital technology. Of course, you can use an email as well.



Wouldn't it be nice to receive a handwritten letter in the mail?

The medium which you use to contact your ex does not matter that much. What matters is the content of this message. I call this the Elephant in The Room Message because you should acknowledge the Elephant in the room (that you both broke up and whatever happened after) and reset your image in the eyes of your ex.

This message has three purposes.

Purpose 1: To let your ex know that you have accepted the breakup. And you think that it's for the best.

You are letting them know that you are no longer the needy desperate person who was refusing to accept the breakup.

Purpose 2: To apologize for any of your inappropriate behavior after the breakup.

You want to make sure that everything from the past is forgiven and forgotten.

Purpose 3: To let them know of something exciting that is happening in your life.

Don't reveal too much here. Just tell them something good is happening in your life.

You'd love to talk about it, but not now. Because you both need some space and time.

You want to give them something to chew on.

They will be thinking about what's happening in your life and will want to call or text you to talk about it. You are using curiosity to get your ex to contact you.

Of course, something must be happening in your life. That's why creating a positive change in your life is absolutely important before contacting your ex.

THE TEXT MESSAGES

Text messages should ideally be used after sending the hand written letter to build up attraction. You can even skip the handwritten letter and move on directly to text messages.

You know your situation and your ex better than anyone, so it's your decision whether or not you want to use just text messages, just the letter, or both.

In most cases, I highly recommend a letter or an elephant in the room text before trying to speak to your ex casually. An effective first contact letter can really help change the way your ex thinks about you. More about text messages later on this guide.

Text messages are great for building attraction with your ex. They are short, they are personal and you can be sure your ex will read your texts.

If used correctly, you can condition your ex to light up in excitement whenever they see a message from you .

It doesn't matter where they are, your text will reach them and they will be excited to get a text from you.

The key to using text messages is to have fun. I don't usually recommend texting for serious conversations.

But if you don't have an option, make sure you do it by being honest without being needy.

Here are three basic rules for texting your ex.

Texting Rule 1: Never send them an empty message.

An empty message is something that doesn't say anything and doesn't give your ex anything to talk about. For example

Texting Rule 2: Never ever talk about your feelings in a needy way and about getting back together.

Texting Rule 3: Never argue or say something negative over text.

Here are a few things that you should do when using text messages:

Something happened in your life that reminded you of them.

Remind them of good moments you had together.

Let them know you are having fun with your life and meeting new people.

Now there are tons of other things you can do with texts. But the key point remains the same. Be subtle. Be positive. Be fun.

Right now, you just want to go from the creepy ex to a fun text buddy.

Of course, you will be moving things forward slowly. You want to rebuild attraction and connection with them via text messages before you move meet them in person.

After you've spend enough time texting them and you feel an attraction then you should go ahead and ask them out.

ASKING YOUR EX OUT

Do not call it a date.

I repeat.

Do not call it a date.

If you do, your ex will put their defenses up faster than Garfield finds Lasagna. You don't want them thinking that you are looking to get back together.

At least not now.

You want them to go out with you as a friend. And then you can build up attraction while you are with them.

If you've done your homework correctly, you will be oozing confidence and attractiveness out of every inch of your body.

And this works doubly as effective on your ex than any other person.

Why?

Because they were already attractive to you at one point in time. And you are not a stranger to them. You are someone familiar who looks very attractive.

The best way to ask them out is to give them a call.

It's possible they might require a slight push. A simple "come on, it'll be fun." Or "Hey, it's just coffee. What's the harm?" should be sufficient.

However, don't go overboard in pushing them.

Don't say something like.

"Come on. Just go out with me once. Please. Pretty please."

Or

"You broke up with me and broke my heart. The least you can do is go out with me one time."

Remember, your ex doesn't owe you anything. You have to treat them like an acquaintance you want to get close with.

Once they've agreed to meeting you, there's a good chance getting back together is at the back of their mind. But it's not over yet.

STEP 5: ITS TIME TO MEET UP, BUILD TRACTION, CONNECTION AND TRUST

When you meet your ex, your ex will be a little bit skeptical. Even though you've built enough attraction and connection via phone calls and text messages, they will still wonder if it's all just a façade and if you really have changed.

They will wonder if you are still needy and desperate.

And when they meet you, their bullshit radar will be turned on the highest settings. They will judge everything you say or do. They might even say things just to test your reaction.

To make sure you don't screw it up, here are a few pointers.

1. DO YOUR HOME WORK AND BE PREPARED FOR THE WORST

When you meet your ex, you should truly be prepared to lose them. If you still have neediness and desperation inside you, your ex will sniff it from a mile away.

So, if you think you are still needy, then cancel or postpone the meeting.

2. BE ON THE LOOKOUT FOR POST BREAKUP CHARADE TESTS

There's a good chance your ex will say or do things to see if you are still needy or desperate. They will try to see if what you truly have changed or everything you have been saying and doing just a charade to get them back.

They might bring up something from the past and/or they may say something that they know will push your buttons. I call these the post breakup charade tests.

For example, suppose you had an issue with jealousy and being controlling. They might casually bring up the fact that they went on a date just to see how you react.

If you are still controlling, you will react and even if you don't say anything, your face might give you away.

It's important that you stay calm no matter what happens. If you become angry or desperate, it will make them think that you have not changed at all and they will probably start ignoring you again after the breakup.

Note that being calm is not the same as being a doormat. If something is important to you, stand up for it. If it's a serious issue about the relationship or the breakup, discuss it. But do so without getting angry or needy.

It will help immensely if your communication skills are on point before you meet your ex.

3. DON'T TALK ABOUT GETTING BACK TOGETHER YET

Ideally, you want it to be your ex's idea to get back together. So for your first date, just focus on having a good time with them. If the topic of getting back together comes up, just listen to what they have to say.

If they ask your opinion, just say that you still have feelings for them but you are not sure if getting back is the right decision. That you both should take things slow.

Don't jump at the first chance of getting your ex back. Be skeptical about getting back together.

They broke your heart once, what will stop them from doing it again?

Have they changed and become a better person as well?

If you both get back together, will the same issues arise again?

4. HAVE AN EQUAL RELATIONSHIP

You don't want your ex to start thinking that you are chasing them. This is why you must have an equal relationship with them.

You want them to contact you as much as you contact them. You want them to try to meet up as much as you are trying to meet up.

This goes in line with being skeptical as I mentioned previously. You don't want to get back together yet. You want to see how things are going with your ex.

If your ex boyfriend or ex girlfriend is not really interested in making a relationship with you work, you are better off without him/her. You have tried your best and showed them the best version of you.

If they still think you are not worth their time, you must start thinking about moving on.

5. HAVE BOUNDARIES AND STAY OUT OF THE FRIEND-ZONE

One of the concerns most people have at this stage is if their ex will put them in the friendzone. To avoid that, you just need to setup a few boundaries and have an equal relationship with them.

You are their friend, but you are also an ex lover.

You should be casual, but you also need a sexual chemistry.

You should be respectful, but you should also flirt.

In most cases, your ex will be very attracted to you if you've followed everything in this article. But if you still feel they are trying to put you in the friend-zone, follow the three principles.

1. Build up sexual chemistry but don't sleep with them.
2. Don't let them talk about other love interest. If they want your advice on their dating life (something that most people do with their friends) tell them that you are their friend but you don't want to know or speak about who they are dating or having sex with. That you still have feelings for them and they need to respect your boundaries.
3. Be ready to walk away if they don't respect your boundaries. Don't act needy or desperate, just cut contact. There is a very good chance they will respect you more for it and apologize later if you stick to your words.

Part 2: All You Need To Know About The No Contact Rule

The no contact rule has become very popular in the past few years as more and more people implement it in their breakups and relationships. People use the no contact rule to get an ex back, to move on from a breakup or to move on from a toxic relationship.

WHAT IS THE NO CONTACT RULE?

The no contact rule is defined as a guideline that states you should stop contacting the person you are applying the rule to.

The type of no contact rule you apply depends on a few factors –

Why are you applying no contact?

Who you are applying no contact to?

And what is your current situation with that person?

If you are applying the rule to your ex because you want to move on. You stop contacting them. You stop texting them, stop calling them, stop hitting them up on Snapchat or WhatsApp or Facebook. You just vanish from their life.

The same applies if you are applying the no contact rule to a toxic relative, you stop contacting them and don't speak to them.

If you are applying no contact rule to your ex because you want to get them back, things get a little complicated. In fact, the first 4 types of no contact rule are for someone who wants to get an ex back. So let's begin.

1. The Definite No Contact Rule aka Radio Silence

The definite no contact rule is designed to help you get some perspective after a breakup. The purpose of this no contact rule is to help you heal from the breakup and get some perspective. Let's just assume your ex is a drug that you are addicted to and the only way you can stop addiction of this drug is go cold turkey. That's exactly what you are doing here.

You are going cold turkey on your ex. Because in many cases people are addicted to their ex and they do need a cold turkey approach to break their addiction. When you go no contact, it means

- No Text Messages
- No phone calls
- No going over to their house
- No accidentally bumping into them
- No Facebook messages or IM of any kind
- No contacting them via your mutual friends
- No status messages on Facebook (or any other social media) which are obviously meant for them

It's exactly like going cold turkey on something you are addicted to. You don't let even a small dose of your ex into your life. Because even a small dose can get you addicted to your ex again.

WHY DO NO CONTACT?

As I mentioned before, it's like breaking an addiction to your ex. You have to learn to live without him or her. And no contact is the best way to do it.

You may be wondering why you should learn to live without them if you want to get back with them?

It's because unless you learn to live without them, you will most likely be needy and desperate whenever you see them or talk to them and that will make you look unattractive. No one wants to spend time with a needy person.

WHAT TO DO DURING NO CONTACT?

Live your life. Do everything you can to make yourself feel better. Be your own best friend and take care of yourself because no one else will do it for you. No contact is the time to make yourself a happy and confident person. You have to learn that you don't need your ex to be happy. In fact, you don't need your ex at all. You may want them, but you don't need them. There is a big difference between wanting something and needing something.

Of course, this change in perspective doesn't come on its own. If you just sit around all day watching TV and eating ice cream, you are not going to feel better about yourself. That is why there are four categories of things that are mandatory during the definite no contact rule.

Physical Activity

The no. 1 most important thing you must do during the no contact period is some physical activity. There are many reasons for this. It releases endorphins that make you feel better. It will get you in shape, which will again make you feel better. You don't want to be with a needy and desperate person.

I recommend some sort of physical activity at least every alternate day. You can do tons of things including

- Meditation
- Gym
- Any type of Sports that you enjoy

- CrossFit
- Jogging

Social Activities

Even though every cell in your body wants to stay home alone and feel miserable for yourself, you have to force yourself to go out and have a good time with your friends and loved ones. Your friends will make you realize that you are still loved and wanted by them. No matter what happens, you have your friends and family with you and that is something you should definitely appreciate.

You are also encouraged to go out on a date during the no contact period. You don't really have to jump into a relationship right away, but a few dates will give you an ego boost that will definitely help in the long run. But going on dates is not for everyone. It often backfires if you are obsessing over your ex constantly. You find yourself comparing your date to your ex and it makes you miss your ex even more.

So, if you are obsessing over your ex a lot, don't go on dates. Only spend time with your loved ones. Go on dates when you are feeling better and are not obsessed with getting your ex back.

Relaxing Activities

The third important category of things you must do during this time is something relaxing. You are going through a hard time in your life and you are trying your best to cope with it. Why don't you reward yourself with some relaxation? You can do a lot of things to relax; some examples are

- Attending the local church community gathering (serves Dual Purpose)
- Meditation
- Spa
- Massage

- A Relaxing Bath

Self-Improvement Activities

Apart from everything else mentioned above, it's also important to work on yourself to become a better person. It's especially important if you and your ex broke up because of insecurity, neediness, jealousy, trust issues or communication issues. If you don't take care of these issues during no contact period, you will never be able to get your ex back in a healthy relationship.

WHAT TO AVOID DURING THE NO CONTACT PERIOD?

There are few things that you need to avoid during the no contact period. This section is here as a warning sign because it is very easy to fall in this trap and just spend the entire no contact period without making any progress in your life.

Obsessing Over Your Ex

You are not helping yourself if you are watching your ex's every movement.

It's one thing to think about your ex every once in a while, it's another to check your ex's Facebook page the first thing in the morning and then keep on checking it every half hour throughout the day. If you find yourself obsessing over her/him, then you need to take a step back and realize why you are doing this. A lot of people think the MAIN OBJECTIVE of no contact is that it will make their ex miss them and want them back.

You have to understand that even if your ex starts to miss you during the no contact and they contact you, they will easily pick up on your neediness and the fact that you are obsessed about them. And when they do, they will again lose their attraction.

You have to use the no contact period to stop the addiction of your ex. And as mentioned before, the only way to do it is going cold turkey. If you are checking your ex's Facebook every day, then you must remove the source that is giving you a little dose of your ex. In

this case, it's Facebook. Delete your ex from your Facebook or deactivate your account for a month.

Indulging in alcohol, drugs, cigarettes etc.

It's easy to cover up your pain with alcohol or drugs. But it doesn't heal anything, and it will not make you feel better in the long run. It's like putting bandage over a broken bone. The worst part of any of these is the addiction that comes with it. You will be replacing one addiction (your ex) with another. No ex will take you back once you become an addict. Neither will be able to feel better about yourself when you know that you became an addict because of a break up.

FAQS ABOUT THE DEFINITE NO CONTACT RULE

In this section, we will explore some of the most frequently asked question about the No Contact Rule.

How Long for No Contact?

It really depends on the type of breakup you had and how much desperate and needy you have been since the breakup. But I recommend a minimum of at least 21 days. However, if you think your breakup was exceptionally bad then you can go to 60 days or even 90 days.

What Breaks the No Contact Rule?

I get a lot of people asking me if they broke the no contact rule by speaking to their ex. In most cases, it's best to not take any risks and just keep doing no contact. But in some cases, you may need to speak to your ex because of an event or incident. If you do end up contacting them, ask yourself the following questions to figure out if it counts as breaking no contact.

To figure out if a particular action breaks the no contact rule, you need to ask yourself these questions:

Did I just make it harder for myself to heal from the breakup?

Did my action cause me to obsess over my ex?

Did I act needy/desperate in any way?

For example,

Suppose your ex contacts you on your birthday and you reply just saying thanks. You didn't really act needy/desperate in any way and it most likely didn't affect the progress you have made till now.

In this case, you are not really breaking no contact.

But if in the same situation, you try to use this opportunity to speak to your ex and try to convince him or her to get back with you, you are acting desperate and needy and you just broke no contact.

What If You Break the No Contact Rule?

If you break the no contact rule, it's best to just restart from day 1.

What If My Ex Contacts Me During the No Contact Rule?

If you suddenly stop contacting your ex, they are going to start missing you soon enough. And in a lot of cases, your ex will contact you when they miss you. What is the best strategy if they contact you?

It usually depends on the following factors. Note that these factors are sequenced according to their importance. That means factor 1 is the most important reason and factor 5 is the least important of them all.

1. How much have you healed and if you are feeling confident in yourself?

2. What is the reason they are contacting you?
3. Whether or not you are sure about reconciling with your ex.
4. Do you have the right skills and tools to solve whatever was broken in your relationship?
5. How long have you been doing no contact?

Remember, your aim here is to heal from the breakup so you can reach a place where you can speak to your ex without obsessing over the idea of getting your ex back. It's to get you to a place where you are no longer needy. A place where you are the best version of yourself. Where you have the skills and tools to fix what was broken in the relationship. Where you are You version 2.0.

Here's an example,

Suppose your ex is contacting you with the intention to talk. They miss you and they just want to chat and see how you are doing. You feel you are ready, and you have already done enough no contact. You feel like you know what was broken in the relationship and you are sure you know how to fix it.

In this situation, you can choose to end no contact and just speak to your ex. You are probably ready to re-attract them and rebuild the connection without acting needy/desperate.

But if you are not really ready to speak to them, you can choose to do one of two things.

1. Ignore them.
2. Tell them that you need some space and time to heal from this breakup and you will appreciate it if they don't contact you for a while.

If you are somewhere in between the two extremes, you can choose to do the No Initiate Rule that I talk about below.

Suppose your ex is only contacting you to talk about a legal matter or to just wish you luck for an important event in your life. In this case, you can't really be sure if they are

using this as an excuse to talk or they really just need to talk about the topic. So, you decide what to do based on how you feel. Are you confident enough to start reattracting them? If you are not 100% sure, then just speak about the topic at hand and end the conversation. Continue no contact.

I know it can be a bit confusing at times.

What to expect when you start no contact?

Think of the no contact rule as a detox for your mind and soul. In the starting, it will be extremely difficult. In fact, the moment you decide to stop contact with your ex, you will have a sudden unbearable urge to call them immediately. That's completely normal. Just remember, that urge is not because of the love you have for your ex, it's because your mind and your soul are addicted to your ex, and you are just going through the withdrawal symptoms.

During the no contact period, your mind will try to play tricks on you. It will come in strong urges to call them or text them, to manipulative thoughts like *"Just one text is not going to do any harm"*, or *"Maybe I'll just check their Facebook page and say what's up"* or *"What if my ex boyfriend or ex girlfriend moves on to someone else."* That's a slippery slope. Remember, your mind will try anything to get a dose of your ex, simply because it's addicted to it. And it is a master of manipulation. It knows all your weaknesses and vulnerabilities, and it's going to use them against you.

But you have to stay strong. You have to understand that you are not your mind. You have to become more powerful than those urges that you feel to contact your ex. Remember, your mind is hurt and it's going through withdrawal, you have to treat it gently but not give in to the temptations. Do everything in your power to make yourself feel better, just remember that contacting your ex is not going to do it. If you contact your ex before no

contact is over, you are just going to make yourself feel worse and hurt your chances of getting back together.

2. The Mild No Contact Rule

The mild no contact rule is a type of no contact rule designed for people who are in a situation where they can't avoid their ex. Situations such as

1. When you live with your ex.
2. You have a child with your ex.
3. You work with your ex.

The mild no contact rule works pretty much the same way as definite no contact rule. So, if you have not read about the definite no contact rule, scroll above and read it. The Mild No Contact Rule is just a little more flexible in how and what you can speak to your ex about.

The Mild No Contact Rule has the following guidelines.

1. You only speak to your ex about important issues. You don't initiate contact unless it's important.

If you are living with your ex, you can speak to your ex about the living arrangement or anything house related.

If you work with your ex, you can speak to them about anything that is work related.

If you have a child together, you can speak to your ex about anything related to your children.

2. When they initiate contact, you should be polite and reply to them.

But only reply to them about the topic at hand. Don't let the conversation continue more than necessary.

3. If your ex tries to talk about something personal, try to end the conversation immediately.

But don't be rude about it. Be honest and tell them you need space and time. Say something like,

“I appreciate you asking but I am still healing from this breakup and I would rather not talk about it. I hope you understand and respect my boundary. Can we please keep all our conversations only about our child/work/living arrangements?”

4. If there is a conflict, figure out a way to solve it amicably.

Make sure you are calm before you start talking about it and go in only with the intention of coming to a solution. Before you go into the conversation, be clear about

1. What the issue is
2. Why is it an issue
3. How it affects you, and
4. What your ex can do to resolve it.

If you feel angry, get away from the conversation by saying something like,

“I am feeling upset about this and I would like to end the conversation here. Maybe we can talk about it later and come to a solution together.”

For example, suppose your ex is in a rebound (Check the next section on all you need to know about rebound relationships) and they introduce your child to their new girlfriend/boyfriend. It's an issue related to your child and there is a good chance it will result in a conflict. Before you go into the conversation, figure out exactly when and how your child was introduced to rebound, why it's an issue (because it's not wise to introduce someone to the child unless it's a serious relationship), how it affects you and the child (because if the child gets hurt after getting attached to the rebound, you get hurt as well), what can your ex do to resolve it (to wait and make sure that he is serious about his/her new partner before introducing them to your child).

If the discussion gets heated, don't get angry and don't yell at your ex. Instead, just acknowledge that the discussion is getting heated and tell your ex that you want to stop this conversation and pick it up later when both of you have had time to think about it.

5. Don't be scared to take serious action if your ex is being unreasonable.

A lot of times, an ex likes to play games or do things to get a reaction out of you when you are doing no contact. Sometimes they post stuff on social media or say things to mutual friend. If you are doing mild no contact, they may try to do something that affects something important to you, i.e, your house, your child or your career.

For example, if your ex is doing something that is making it hard for you to work. You should first try to speak to them and resolve the conflict. Tell them exactly what they are doing, how it makes you feel and what they can do to stop it.

If they still don't listen, don't be afraid to go to your boss or your ex's boss for conflict resolution.

3. The Brief No Contact Rule

The brief no contact rule is quite different from definite no contact rule. The purpose of a brief no contact rule is to quickly figure out the reason for the breakup, work on your self-improvement and ask your ex to either meetup or to give it another chance.

The brief no contact rule only lasts for 1-2 weeks. It goes something like this,

Breakup -> Brief No Contact Rule —> Reach out and see where your ex stands —> If they refuse, start a definite no contact rule.

The Brief No Contact Rule Can Work in the following situations.

1. You never acted needy/desperate after the breakup. You accepted the breakup gracefully and stopped contacting them almost immediately after.

2. You never told your ex that you don't want a breakup. That you want to get them back. For some reason, you hid your true feelings from your ex after the breakup.
3. You broke up because of something that you can fix immediately or the process of fixing it can begin immediately. For example, suppose you broke up because of a toxic person in your life. May it be an ex-wife or an ex-husband. If you can remove that person completely from your life within this period, you can reach out to your ex and ask them to try again.
4. Your ex has been contacting you constantly and they show strong signs of wanting to get back together. Signs that show that your ex regrets breaking up.

Here are a few guidelines for the brief no contact rule.

1. The purpose of the brief no contact rule is to figure out where your ex stands.

A lot of times, an ex is not sure about the breakup and giving them a slight push in the right direction may help in getting back together.

2. It's very important to figure out the root cause of the breakup and figure out a solution for it before asking your ex to meetup or get back together.

In most cases, working on your communication skills help a lot. In some cases, you may just start tackling the big issues such as insecurity, fear of commitment, or trust issues.

Check out this program on how to get a relationship coach.

3. It's important to make progress.

You can't make major changes during the brief no contact rule. But you can make progress. And a little bit of progress can be enough to show your ex things will be

different now. Such progress includes, reading books on relationships, communication and self-esteem, starting therapy or cutting off toxic people from your life.

4. When you reach out after a brief no contact rule, you should be honest and straightforward about your intentions to try reconciling.

But you shouldn't ask your ex to get back together or a commitment. You should only ask them to meet up and take things slow. Instead, acknowledge that the relationship was broken and neither one of you should go back to that. Ask them to start something new and take things slowly. Emphasize that there is no pressure on them to commit and if things don't work out, you can both move on knowing that it isn't going to work.

5. Remember that the brief no contact rule has a very small chance of working.

So, if your ex refuses your proposal to try to get back together, don't be surprised. Just accept his/her decision gracefully and start the 5 step plan to get your ex back or the 5 stage plan to get your ex-girlfriend back.

4. The No Initiate Rule

The no initiate rule is a version of no contact rule that applies to casual relationship breakups and breakups where you didn't really act too needy or desperate after a breakup. You should only use this rule if you are not extremely needy or desperate and if you think speaking with your ex doesn't affect your emotional health in a negative way.

The no initiate rule simply means that you don't initiate contact with your ex. You let them contact you. If they do, you reply to them, speak to them casually and you can even try to rebuild attraction when they reach out. Look out the section on how to use text messages in your communication.

In a few cases, the no initiate rule can be the perfect way to rebuild attraction and connection with your ex without cutting them off completely.

Beware though, this rule is not for everyone. In fact, this rule only applies to a very small percentage of people who want to get an ex back. The key here is your emotional state. If

you are emotionally healthy and speaking to your ex doesn't affect you, you can apply this rule.

Here are a few scenarios where this rule can apply.

1. You and your ex were only together for a short time and you didn't have a bad breakup.
2. You didn't act needy or desperate after the breakup. You don't even feel needy or desperate.
3. You and your ex want to remain friendly and you are not too much invested in the idea of getting them back.
4. You are dating someone else and you see your ex as just another option.

While you are doing the no initiate rule, you should still do everything else that you are supposed to do during the definite no contact rule. That includes physical activities, social activities, relaxing activities and self-improvement activities.

When you are doing the no initiate rule, you don't really have a hard deadline if your ex contacts you regularly. You can choose to end it and contact your ex whenever you feel like the moment is right.

HOW DO YOU KNOW THE MOMENT IS RIGHT TO END THE NO INITIATE RULE?

When you are sure that you want to give it another shot with your ex. And you are not just saying that because you miss your ex. But because you have thought about it and you realize that you and your ex can have a great relationship.

You can also choose to end it when you realize that you don't want to get back with your ex and you only want to stay with them as a friend. When you choose to end it this way, you should only get back in touch with them as a friend and treat them as a friend. If you are not ready to treat them as a friend, take some more time or consider doing definite no contact rule.

You can also choose to turn the no contact rule to definite no contact rule if you think speaking to your ex is messing up your emotional health or is preventing you from healing and is affecting your self-improvement.

5. The Indefinite No Contact Rule

This is the type of no contact rule that is very simple and straightforward. You stop contact with the person you are applying the no contact rule to. And you do it indefinitely. That means you shouldn't be planning to contact this person ever again.

WHEN SHOULD YOU APPLY THE INDEFINITE NO CONTACT RULE?

Like I said before, the type of no contact rule you apply depends on 3 things.

→ The why.

Why do you want to apply indefinite no contact to someone?

→ The who.

Who you want to apply it to?

→ And the what.

What is your situation with that person?

Here are two most common situations when applying this rule will be helpful.

1. When you want to move on from a bad romantic relationship.

If you were in a serious relationship and it ended badly, it makes sense if you decide to move on from it. And the best way to move on from a relationship is to completely cut off your ex from your life. It's like cutting off a drug you are addicted to. Instead of trying to wane off your addiction, you go cold turkey on it. You just cut it off, go through the withdrawal symptoms and eventually realize that the drug was bad for you.

When you cut off your ex, you will go through these withdrawal symptoms aka breakup grief. You will go through anger, bargaining, denial, depression and acceptance. But eventually, you will come out the other end stronger than ever when you have moved on.

The idea of getting an ex back can be tempting. If you feel that you and your ex had a great relationship, you may want to try to get your ex back once you are feeling better. But if you get back in touch with them you risk getting hooked on the drug again.

But isn't this program about getting your ex back?

Yes, it is. In fact, I recommend people get back in touch with their ex after they have healed from the breakup and are feeling more confident in themselves. I don't recommend indefinite no contact in most cases of breakups. But it makes sense in some cases.

- When you were in a toxic relationship and it took a toll on your self-esteem.
- When you tried to get them back using my methods and it didn't work.
- When you applied definite no contact and realized that you are better off without your ex in life.

In all the cases I mentioned above, there is one common factor. Your ex was not right for you. In few cases, it makes sense to keep your ex as a friend. But in majority of the cases, it's better to just cut them off and move on.

2. When you want to remove a toxic person from your life. It could be a relative or a friend.

A toxic person is someone who just brings you down and doesn't contribute anything positive in your life. It could be a toxic sibling, a parent or even a friend. In most cases, such a person is in your life because they entered your life when you were young, and they have been with you for most of your adult life.

To figure out if such a person is worth applying indefinite no contact to, ask yourself the following questions.

1. If you could go back in time and replace this person with someone else, someone who is emotionally healthy, would you do it?

2. Have they shown any signs of wanting to learn and grow? Do they recognize that they can be toxic?
3. Are you just keeping them in your life because you feel guilty for leaving them?
4. Are you in a situation where they have the power to affect your life in a negative way?

The answers to these questions should help you figure out if removing that person from your life is the right decision for you.

How to apply the indefinite no contact rule?

In most cases, it's best to let that person know that you are going to cut them off from your life completely and ask them to never contact you again. If you do this, you should expect a backlash. For most toxic people, everything is a game, and everyone is manipulative. So, they might think you are doing it just to hurt them and they might do something to hurt you back.

But whatever they do, stick to your words and don't let them contact you again. If things get difficult, don't be afraid to get help or involve authorities. Remember, it's best to remove this toxic person from your life so that you, your loved ones and the people who are dependent on you can lead a healthy life. So you don't continue this chain of toxic behavior that is passed on from parents to children, from lovers to lovers and from friends to friends.

CONCLUSION

The no contact rule is an excellent tool that can help a lot in getting an ex back, getting over a breakup or removing a toxic person from your life.

It's quite straightforward if you want to move on from a breakup or remove a toxic person from your life. It gets a little bit complicated when it comes to getting an ex back.

Hopefully, the 5 types of no contact rule I mentioned above should fit your situation

PART 3: ALL YOU NEED TO KNOW ABOUT REBOUND RELATIONSHIPS

In case of a rebound, most relationships get even more complicated. Normally, you should not worry when your partner is in a rebound relationship. However, the truth is, it's extremely hard to not panic when you find out your ex is in a new relationship.

How can you not panic knowing that your ex is in someone else's arm?

When you know your ex is getting close to someone else while you are here waiting, doing nothing, doing no contact?

When you know your ex can be kissing their new partner this very moment?

When you know they could be having sex with their rebound this very moment?

How do you deal with that?

This program is for you if you are going that right now. I will answer pretty much every question you may have about your ex and his or her rebound. I am going to teach you exactly what to do if you find out your ex girlfriend or ex boyfriend is in a rebound. I am going to teach you how to get your ex back if they are in a rebound. I am going to teach you how to interpret the signs of a rebound relationship and what are some of the common patterns of a rebound relationship. And I am going to teach you how to stop panicking when your ex is in a rebound relationship.

What Is a Rebound Relationship?

A rebound relationship is a relationship that is started shortly after a breakup. The term “rebound” in rebound relationship means that you are still recovering from your romantic breakup and you started a new relationship before you could fully recover.

Most relationship experts and mental healthcare believe that rebound relationships are unhealthy and are an ineffective way to heal from a breakup.

However, a lot of studies are proving that there may be some benefits to a rebound relationship. Although, most of these studies have some limitations that we will discuss below.

Here is what these studies have found so far about rebound relationships.

- a) A rebound relationship can help improve the self-esteem of a person. If your ex is in a rebound relationship, then they will not be lonely, and they will not feel insecure about themselves because they know they can attract new partners.
- b) The quality of the rebound relationship matters. If your ex’s new relationship is healthy and exciting, they are more likely to get over the past and focus on the new.
- c) The longing for an ex is inversely proportional to the quality and commitment of the new relationship. If your ex longs for you and thinks about you a lot, they are less likely to commit to the new relationship.
Similarly, if your ex is willing to commit to the new relationship, then there is a chance they don’t long for you as much as you long for them.
- d) A rebound relationship can help anxiously attached individuals to focus on someone new and let go of an ex-partner.
- e) There is no conclusive study done on the length of a rebound relationship and how likely it is to end. Until now, most relationship experts believe that rebound relationships don’t usually last long especially if your feelings for your ex are still unresolved.

It is to be noted that most of these studies have their shortcomings and limitations. Even the authors of these studies acknowledge these shortcomings. For example, in one study,

the author claimed that these studies had samples of only college aged individuals and that people at this age have shorter relationships and they usually have a habit of jumping from one short relationship to another

In my opinion, some of the findings of these studies can be true. But it will be wrong to assume that these findings will be true all the time in all the cases.

I usually get to speak to people of all ages coming from all types of relationships and breakups. And in my experience, a rebound relationship can vary greatly in length and the effect it has on an ex, depending on the type of person, the type of breakup and the type of rebound relationship.

Why Did Your Ex Start a Relationship after the breakup?

One of the biggest questions most people have in their mind is why did they do it? More precisely, questions like,

How could my ex start a relationship so soon after the breakup?

Do they not love me anymore?

If they can move on to someone else so quickly, does this mean my ex never loved me?

Will my ex-girlfriend or ex-boyfriend forget about me now that they have a new romantic partner?

These questions can be maddening. Just the thought of your ex never truly loving you can feel like a dagger in the heart. Like the reality you believed in all along was just a sham.

You will be glad to know these thoughts are not true. In fact, if your ex started a relationship soon after the breakup, it does not mean that they no longer love you. It does not mean that the relationship they had with you was a sham. In fact, if they are in a rebound relationship, it's most likely because they are in pain as well.

In this section we will discuss the intentions or the reasons your ex may have had for starting a new relationship so soon after the breakup. Understanding these reasons can help you calm down a little bit about the rebound relationship and figure out your next moves.

1. BECAUSE THE PAIN WAS TOO MUCH

One of the most common reasons for an ex to start a new relationship too soon is because the breakup pain was too much to handle. Even if they broke up with you, they still suffer through the grief that one feels after losing someone special in their life. They made a logical (or emotional) decision to end things with you, but the mind and body still goes through the withdrawal symptoms that most people feel after a breakup.

To most people, a new relationship feels like a logical solution to the breakup pain. They think that if they just replace you with someone else, the breakup pain will go away.

Unfortunately, that's not always the case. Sure, it distracts them and the euphoria that comes with the honeymoon phase of the new relationship can make them feel like everything is great. But it's like putting a bandage on a broken bone. It might give you temporary relief, but it doesn't always help you get over your ex.

2. TO FILL AN EMOTIONAL NEED IN THEIR LIFE

When an ex starts a relationship with someone immediately after a breakup, sometimes it's to fill an emotional need that they have.

A lot of people depend on their partner to feel good about themselves. For example, you may be insecure about your looks and need constant assurance that someone finds you attractive enough to be with you. Without that assurance, you may feel like something important is missing from your life.

3. FOR SEX

Sometimes, your ex may get into a new relationship just because they miss having sex.

Sex is a lot more important for some people than others. It could be an emotional need or a

physical one. But if sex is important for them, they will try to find a partner as soon as possible after the breakup.

If they get into a new relationship because of sex, the new relationship is most likely shallow and will not last long. As soon as the sex gets boring, your ex will breakup with the new boyfriend or girlfriend and look for something else.

4. TO FILL THE ROLE OF SOMEONE IMPORTANT IN THEIR LIFE

If you were an important part of your ex's life, then your ex may try to replace that part as soon as possible. Especially if they needed you to live a comfortable and safe life. For example, suppose you were driving your ex to their work every day and without you, they have to spend an extra hour commuting through public transport. Your ex may try to find a new boyfriend as soon as possible so they don't have to go through the trouble of using public transport.

Similarly, if you were supporting your ex financially, they may try to replace you as soon as possible because they feel they need someone to take care of them financially.

5. TO MAKE YOU JEALOUS

Your ex may just be trying to make you jealous by getting into a new relationship too fast. They may be trying to "win" the breakup or they may be trying to get you to do something needy/desperate. If this is the case, then your ex is most likely very immature, and they will most likely end the relationship once they realize that it's not working to make you jealous.

6. TO FORCE THEMSELVES TO MOVE ON

A lot of people believe that the best way to move on from a breakup is to start a new relationship as soon as possible. They sometimes force themselves to start dating again after the breakup in hopes that the new relationship will help them forget about you. This is actually a common thing in short term relationships in college aged individuals. In fact, they may have found a rebound relationship helpful when they used to have short term relationships and it was easy to get over an ex.

But this does not usually work in long term relationships when you were seriously attached to your partner. If you had a strong connection with your ex, then they won't get over it anytime soon, no matter how they force themselves to move on.

7. TO SHOW THE WORLD (AND YOU) THAT THEY ARE HAPPIER NOW WITHOUT YOU

Some people care a lot more about what others think than what is truly happening inside them. Your ex may just want to show the world that they are moving on and decide to get into another relationship. Some of them believe in the "fake it till you make it" ideology and want to act like they are okay with the breakup and have never been happier.

8. TO DATE CASUALLY

For some people, dating is an exciting and rewarding experience. Your ex may just enjoy dating casually and they may be excited to get back in the dating game. If your ex is like this, they will most likely not define their new relationship as something serious. They will most likely not get exclusive with anyone and will just date around for a while.

9. BECAUSE THEY HAD SOMEONE LINED UP OR THEY WERE CHEATING ON YOU WITH SOMEONE ELSE

In a lot of cases, an ex will start a relationship with someone they cheated on you with or with someone they had lined up well before the breakup. If an ex starts a relationship with someone, they cheated on you with, it's still most likely a rebound but you should think very carefully before you even try to get them back. I highly recommend you do no contact for at least two months before attempting reconciliation with them.

10. BECAUSE THEY WANT TO EXPLORE (OR THEY HAVE THE GRASS IS GREENER SYNDROME)

Grass is greener syndrome is when a person breaks up with you thinking they can do better than you. In most cases, this is because they didn't have enough experience in the

dating department and they feel if they don't date enough, they will always wonder if they could do better.

If an ex starts a relationship immediately after the breakup because they had the grass is greener syndrome, then they are most likely not going to get into a serious relationship anytime soon and the new rebound relationship will not last long.

11. BECAUSE THEY ARE READY TO MOVE ON

In some rare cases, an ex will start a new relationship immediately after a breakup because they feel they are ready to move on. If they are really serious about moving on, they will probably choose a partner that is good for them and they will make an effort to make the new relationship work. If an ex does this, it's most likely because they don't feel a strong connection with you after breaking up with you. Perhaps the reason for the lack of connection is a short relationship or that they felt disconnected from you for a very long time.

Signs and Common Patterns of a Rebound Relationship

In my experience, rebound relationships follow some common patterns. Of course, not all rebound relationships are alike. But I have seen enough of rebound relationships to recognize common patterns in them. In this section, I am going to reveal the common patterns you may find in a rebound relationship.

1. THE CLASSIC REBOUND RELATIONSHIP THAT MOVES TOO FAST

I call a classic rebound a type of relationship that starts too soon after a breakup, goes too fast and ends too soon as well. A classic rebound has the following characteristics.

a) They will usually start the relationship with someone who is the opposite of you. They may be opposite of you in physical characteristics or behavioral characteristics. For example, if you are slim blonde, the rebound may be a brunette who is a little on the heavy

side. Another example, may be if you are an introvert who likes to stay in and watch Netflix with her partner; the rebound relationship your partner chooses is a party animal who loves to party even on weekdays.

b) The rebound may be the type of person they said they would never date. For example, if your ex is religious and they told you that they would never date someone of a different religion; they may get into a rebound of a different religion. This means that they don't really care about the type of relationship they are getting into. They only care about getting into a relationship, no matter who they are getting into. And that means they are getting into the relationship to avoid the pain of breakup grief.

c) These rebound relationships move too fast. For example, they may be official on Facebook or they may start posting pictures on Instagram way too soon. They may be posting about how great their relationship is within 2-3 weeks of starting the relationship.

4) Your ex will most likely not care about the relationship too much. If you contact your ex who is in this type of relationship, they will not put up much resistance. They will speak to you as if they don't care about cheating on their new girlfriend or boyfriend. In fact, if you make the right moves, they will breakup with their rebound for you.

2. THE REASONABLE REBOUND

This type of rebound relationship almost seems like a reasonable relationship. It will feel like your ex really is making an effort to move on. As if they are really trying to find the perfect person for them. Such a relationship will have the following characteristics.

a) They will try to find someone who is the opposite of the things they didn't like about you. For example, suppose you had a lot of fights with your ex about his/her career and you expected a lot from them. When they get into a rebound, they will try to find someone who doesn't care about their career and doesn't have high standards. Similarly, if the

reason they broke up with you was because they thought you were immature, they will try to find someone who is mature and knows what they want.

b) They will still show signs that they have strong feelings for you but will try to put logic over emotions. For example, they may tell you that they still love you but continue dating their rebound hoping that they will get over you.

c) These types of rebounds don't usually move too fast. They will not share a lot of things over social media. In fact, they may even try to hide the rebound from you because they are not sure about what they are doing.

d) They will try to convince themselves that they are doing the right thing. But will often give into emotions. Their heart will be with you while their mind will try to convince them to move on and only focus on the rebound relationship. There will often be a lot of hot and cold behavior towards you.

3. THE CASUAL REBOUND

This type of rebound is exactly what the name suggests. The rebound is a casual relationship that they don't care about and don't pretend otherwise. Your ex will most likely acknowledge that it's nothing serious and they are just having fun. This type of relationship has the following characteristics.

a) They will let their close friends and relatives know that they are dating someone. They won't try to hide it. But won't be public about it either.

b) They will acknowledge that it's nothing serious and that they are just having fun.

c) They will not let the rebound relationship stop them from speaking with you. In fact, they are likely to speak to you about their rebound relationship and even discuss what they like or dislike about their new boyfriend/girlfriend.

4. THE TOXIC REBOUND RELATIONSHIP

A toxic rebound is the most dangerous of all the types of rebound relationships. The reason being your ex will find themselves in a toxic pattern that is very very hard to get

out of. These types of relationships include a lot of complicated childhood issues that sometimes take years of therapy to get over. They have the following characteristics.

a) Your ex will get into a relationship too soon after the breakup, but the new relationship may not move as fast as a classic rebound relationship.

b) The person they choose to have the relationship may not be the exact opposite and, on the surface,, it will probably look like a normal relationship.

c) Your ex may develop an on again off again relationship with their new boyfriend/girlfriend. They will breakup with their new lover and get back together shortly after.

d) They will complain about their new boyfriend/girlfriend to their friends/family and maybe even you (their ex). But they will not leave the new relationship.

e) They will want to keep you around as a friend who gives them advice and they will want to give you advice on your dating life.

f) They will develop unhealthy patterns and may do something out of the ordinary. For example, if they were active on social media, they may suddenly disappear for a few months. Or if they were not active on social media, they may start posting a lot of things regularly.

g) If you are in touch with them, it will feel like their rebound partner has a lot of power over them. Like they can somehow control your ex's emotion and know exactly what buttons to press to get your ex to do what they want.

5. THE BRUCE BANNER REBOUND RELATIONSHIP OR THE SERIAL REBOUNDERS

These types of rebound relationships are usually a result of someone who moves on from one serious relationship to another almost immediately after the breakup. They never really take any time to grieve the breakup. It has the following characteristics patterns.

- a) Your ex most likely had the new boyfriend/girlfriend lined up way before the breakup. If your ex is a serial rebounder (or Bruce Banner rebounder), then they always have a romantic interest in their life disguised as a friend. As soon as they break up with you, they will jump into another relationship with the new partner.
- b) They will most likely enter the new relationship with the intent to make it work. They are usually unaware of the unhealthy pattern. Even if they miss you and are going through grief, they will still do everything in their power to make the new relationship work.
- c) They have a history of starting a new relationship too soon after the breakup. In fact, you were most likely a rebound from their previous relationship.
- d) They usually get very intense in every relationship they have. They most likely made you feel like you were very special and different from all their past relationships. But the sad truth is, they will probably do the same in their new relationship.
- e) It's still possible to get them back. But you need to figure out if they are worth it and act fast.

Signs Your Ex's New Relationship Will Not Last

It's one thing to understand if they have a rebound relationship, it's another to figure out when your ex will break up with her new boyfriend/girlfriend. After all, you can't really get them back if they are in a new relationship. Here are a few signs that will teach you whether or not their new relationship is going to break up soon.

- 1) They follow the classic relationship pattern or if they are in a casual rebound relationship, then there is a good chance that their relationship will end rather soon. As I mentioned above, these rebound relationship patterns are very common, and they often end very soon. Even if they don't end, an ex will not be able to develop a strong connection with their new boyfriend or girlfriend and it will be easy to get them to break up the new relationship once you get back in touch with them.

- 2) They keep contacting you even though they are in a new relationship. If your ex keeps contacting you without any real reason, then there is a good chance they still have strong feelings for you and that they don't have a strong connection with their new partner.
- 3) They are excited to hear from you and they continue speaking to you without any resistance. If you reach out to your ex after no contact, and they are excited to hear from you and it seems like they want to continue speaking with you, then there is a good chance their new relationship is not very strong and that it will end soon.
- 4) They have sex with you. If your ex is intimate with you despite being in a new relationship, then there is a pretty good chance their new relationship will end shortly. In fact, your ex sleeping with you may be the last straw that breaks the rebound camel's back.
- 5) They post a lot of stuff on social media about their new relationship. If they have been in the new relationship for only a short while and they start posting pics on social media about it aggressively, then there is a good chance they are doing it to make you jealous or get a reaction out of you. The very fact that they are doing this for you means that they still have feelings for you. And that means they don't have strong feelings for their new partner.
- 6) They started the relationship too soon after the breakup. In my experience, most relationships that are started within 3 months of a breakup usually end up in a breakup. Sure, there are exceptions to it (like the toxic rebound relationship and the Bruce Banner Rebound Relationships), but they are very rare. If your ex started a new relationship within 3 months of breakup, then there is a good chance it will end sooner or later.
- 7) You were with your ex for a very long time. One of the factors that determines whether a relationship is a rebound or not is how much connected and attached your ex was with you. Usually, the longer you both were together as a couple, the stronger the connection and attachment. So if you and your ex were together for more than a year, then there's a good chance their new relationship is a rebound and it will end shortly.

8) They don't have a strong support network. If your ex does not have a strong support network of friends and family, then there is a good chance they started a rebound relationship just because they were lonely. In that case, they will fail to develop a strong romantic attachment to their new rebound and will only use them to avoid loneliness. Most relationships like this do not last very long.

9) They still tell you that they love you. If your ex tells you that they still love you, despite being in a new relationship, then that's a pretty big sign that their new relationship will fail.

Avoid These Mistakes If Your Ex Is in a Rebound Relationship

1. FREAKING OUT WHEN YOU FIND OUT ABOUT THE REBOUND

You may have found out about the rebound relationship through common friends or family or you may have found out about it directly from your ex. But as soon as you find out about it, your gut reactions will most likely be to panic and figure out a quick way to make them breakup with the rebound and get back with you.

I've written about this repeatedly in many articles. Freaking out when your ex starts dating someone else is a huge mistake. After all, if your ex is important to you and you still have strong feelings for them; there is a good chance they have strong feelings for you as well. And if they have strong feelings for you, then their new relationship is most likely a rebound and it will end sooner or later.

So, if you find out that your ex is dating someone else, don't freak out. Don't start calling them and texting them endlessly. Don't let your instincts take over you. Don't do anything needy or desperate because it's only going to push your ex towards their rebound.

2. TRYING TO TELL THEM THAT IT'S A BAD IDEA TO DATE THE REBOUND

One of the common reactions after finding out that your ex is dating someone else is calling them and telling them how bad the new rebound is for them. Your panicked mind

may want to try to convince your ex with logic that the rebound guy or girl is bad for them. But the more you try to convince them to not pursue the new relationship, the more they will want to pursue it.

Your ex does not want you to tell them how to live their life. And if you do, they will be inclined to do the exact opposite of what you tell them.

3. TRYING TO CONVINCING THEIR FRIENDS OR FAMILY TO TALK TO THEM

If you are close to their friends and family, you may have the temptation to try to get your ex's friends or family to tell them that the rebound is a bad idea. Again, it's a mistake because it is pretty much the same as telling them what to do. Except this time, it will be coming from their friends and family. And if they find out that you tried to get their friends and family against them, it's just going to backfire really bad and your ex will think that you are really manipulative and controlling.

4. STALKING YOUR EX ABOUT THE REBOUND AND ITS STATUS

OK, so you convinced yourself that you should not try to contact your ex or freak out. You start the no contact rule and cut off contact with your ex. But that does not mean you shouldn't keep tabs on your ex and his/her new relationship. Right? What if they breakup? Wouldn't it be the perfect moment to contact your ex?

WRONG.

Stalking your ex and keeping constant tabs on him/her is a big mistake. It's a mistake because it stops you from actually focusing on things that will help you get your ex back after no contact. Remember, no contact rule does not work unless you make it work for you.

5. OBSESSING CONSTANTLY ABOUT THE REBOUND AND WHAT COULD IT MEAN

Look, I get how hard it is to deal with the fact that your ex is dating someone else. And any type of information that can help calm your mind down feels like a god send. That's the reason I am writing this article to help you understand rebound relationships and get a realistic view about what can happen in the future.

But some people take this to extremes. They constantly keep searching about rebound relationships, watching YouTube videos about them and just basically driving themselves crazy trying to find some piece of information that will reassure them that this is not the end that they still have a chance to get back together.

The truth is, the more time you spend obsessing over your ex and their rebound relationship, the less time you are spending on doing things that will actually help you get your ex back. So, if you are still thinking about your chances take this quiz which will tell you your realistic chances of getting your ex back. And read this article about exactly what you should do to get your ex back or get your ex-girlfriend back. Bookmark the articles or print them out if need be. And take action on the advice in those articles because unless you take action, your chances of getting your ex back are slim.

What to Do When Your Ex Is Dating Someone New?

1. UNDERSTAND AND ACCEPT THE SITUATION YOU ARE IN

There is no denying you are in a tough spot right now. Rebound relationships do complicate things when you are trying to get your ex back. But in most cases, they are not a big deal.

That being said, you should use this time and opportunity to try to accept the situation you are in. There is always a chance you will not get your ex back. There is always a chance your ex's rebound relationship will turn into a real relationship. And that's okay. Because no matter what happens in the future, you are going to be alright as long as you choose to be happy and healthy.

Speaking of happy and healthy, your goal should be a happy and healthy life. May it be with your ex or without your ex. I know right now you may feel like it's impossible to be happy without your ex. But that's not really true. You have the capacity to be happy if you make the choice to be happy. So, try to accept that you may never get your ex back and make a choice to be happy and healthy no matter what happens in the future.

2. GIVE YOURSELF AND YOUR EX SOME SPACE

If you've read my super articles on getting your ex back or getting your ex-girlfriend back, then you probably know I recommend no contact after a breakup. Even if your ex is in a rebound relationship, you should not contact for a while and focus on yourself. So, if you have not started no contact till now, consider starting it as soon as possible. If you are still in contact with your ex, tell them that you need some space and time for yourself and you would like to stop contact between the both of you for a while.

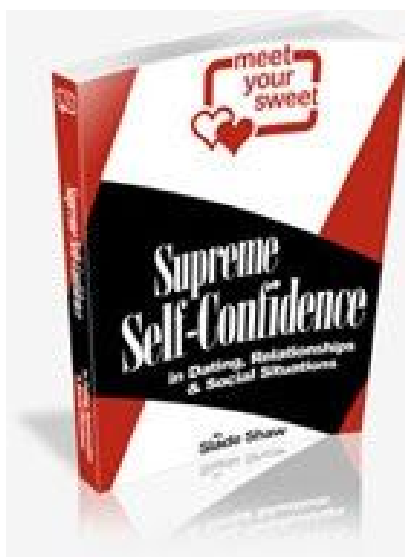
3. PREPARE YOURSELF FOR AFTER NO CONTACT

No contact in itself is not going to get your ex back. What happens after no contact will. So, if you haven't already, read articles here at ex back permanently to figure out what you should do during no contact and after no contact. If you are prepared, work on your self-improvement and make the right moves, your ex will find you irresistible when you get back in touch with them.

4. Consider having the services of a coach. Check this program for more details

Supreme Self Confidence in Dating, Relationships, & Social Situations

Do you want to achieve success in your personal life, dating, social situations, career, and relationships? Do you see people more successful than you in life and wonder what their secret is? It all comes down to one crucial ingredient: self-confidence. Slade Shaw teaches you how to achieve unstoppable self-confidence in this 184-page ebook, chock-full pages of tips, techniques, and advice that is going to channel your energies into overcoming your worst enemy: your lack of confidence!



PART 4: THE ART OF USING TEXT MESSAGES WITH 53 EXAMPLES

Text messages are one of the most powerful tools in your arsenal when you are trying to get your ex girlfriend or ex boyfriend back. But you must use them correctly or you might end up losing your ex forever.

This in-depth guide will tell you how to use text messages correctly (with examples) when you are trying to win your ex back.

Why text messages and how you can use them to get your ex back?

If you call your ex all of a sudden, they will probably think that you want something from them.

If you send your ex an email, it'll be impossible to have a conversation with them. This makes it look like you don't want to speak with them, alluding to the conclusion that you want to move on or you just want closure.

But a text message has the right amount of ambiguity. It leaves enough doubt for your ex to wonder what is going on with you and why you are contacting them. This curiosity gives you a unique opportunity to make them attracted to you again. To build rapport. To build trust.

But there's a catch. You can't just text anything to your ex and expect them to start feeling attracted to you. Would you feel attracted to someone who texted you something like this?

Hey, I still want you back. Please come back to me

Or

"I don't think I can ever find someone like you. Please come back."

Or

“I am sorry for cheating on you with your best friend. I’ll never do it again. Please come back.”

You cannot simply send them anything that comes to your mind. In fact, if you text your ex boyfriend or ex girlfriend the wrong way, you will most likely turn them off and make them lose attraction, connection and trust. And that’s where I come in.

This guide is designed to help you get your ex girlfriend or ex boyfriend back with the right text messages. Text messages that build attraction, connection and trust. It’ll teach you how to text your ex for the first time after no contact, how to turn your text messages into deep meaningful conversations and it’ll teach you how to transition from text messages to a phone call or a date.

This guide has five parts.

1. When you should text your ex
2. The Basics of texting your ex
3. Texting your ex for the first time
4. Using Text Messages to Rebuild Attraction, Connection and Trust
5. Transitioning from Text Messages to a Phone or a date

This guide only focuses on texting an ex. But if you want to get your ex back and keep them permanently, you need to know about a lot of things other than texting. That said, lets get started,

Part 1: When Should You Text Your Ex Boyfriend or Ex Girlfriend?

Before you text your ex, you must have answers to a few very specific questions.

- Why are you texting your ex?
- Why do you want to get back together?

- Why do you think it's a good idea to get back together?
- What has changed since the breakup that will make your new relationship (if you get back together) different?

If you've just broken up and landed on this article, then there's a good chance that your answers to the above questions will be something like this.

Why are you texting your ex?

- Because I want to get my ex back.
- Because I miss my ex.
- Because I just want to speak to them.

- Because I have a few questions and I want closure.

Why do you want to get back together?

- Because I love my ex.
- Because I feel I can't live without my ex.
- This breakup is too painful and I want to get them back as soon as possible.

Why do you think it's a good idea to get back together?

- Because I know for sure that this time I'll not make any mistakes.

- Because my ex is special and I can never find someone like him/her.
- Because our love is special and I never felt like this for someone else.

What has changed since the breakup that will make your new relationship (if you get back together) different?

- I'll do whatever they want and never give them a reason to leave.
- I've realized my mistakes and will never make them again.
- I'll do everything in my power to keep their love.

Now, I am not sure if you see what's wrong with these answers, so let me analyze them for you and tell you why answers like these show that you are not ready to contact your ex.

Why are you texting your ex?

- Because I want to get my ex back.
- Because I miss my ex.
- Because I just want to speak to them.
- Because I have a few questions and I want closure.

Analyzing Answers:

You should only text your ex if you want them back.

If you are texting them to get closure, you are just wasting your time because there is a good chance the answers to your questions will give rise to new questions.

It will not give you closure and it will certainly not help you get over them. If you are texting your ex boyfriend or girlfriend because you miss them, then it will just make you look needy and desperate and it will make them not want to text you.

Why do you want to get back together?

- Because I love my ex.
- Because I feel I can't live without my ex.
- This breakup is too painful and I want to get them back as soon as possible.

Analyzing Answers:

Do you notice how all the above answers are about what you want and not your ex or your relationship?

Why would this work if your ex doesn't love you, if your ex can live without you, and if the breakup is not as painful for them as it is for you?

None of those reasons are good enough for your ex to even consider getting back together. But let's just focus on yourself for a moment. Are these reasons good enough for you to want them back?

Sure, you love your ex now, but you can move on and start loving someone again.

After all, everyone in this world has the capability to move on from a breakup and start loving someone again. It's the way humans are built.

Sure, you feel the breakup pain is too much for you right now. But studies after studies have shown that you can recover from a breakup. With time and proper care, you heal and start feeling better, happier, and more confident.

Why do you think it's a good idea to get back together?

- Because I know for sure that this time I'll not make any mistakes.
- Because my ex is special and I can never find someone like him/her.
- Because our love is special and I never felt like this for someone else.

Analyzing Answers:

Again, all these reasons are focused on you and not really give an incentive for your ex boyfriend or ex girlfriend to want to get back together.

In fact, reasons like this show that you are just focused on yourself and don't really care about what your ex wants. They also show that you are insecure and needy.

Why would they get back together with someone who is so selfish and insecure?

But, I will do anything to get back together. How is that selfish?

Just because you will do anything doesn't mean your reasons for getting back together are altruistic. Let's look at your answers to the third question.

What has changed since the breakup that will make your new relationship (if you get back together) different?

- I'll do whatever they want and never give them a reason to leave.
- I've realized my mistakes and will never make them again.
- I'll do everything in my power to keep their love.

Analyzing Answers:

If you can realize your mistakes now and can stop yourself from making them again, why didn't you do it while you still had your ex?

If it was so easy to stop making mistakes, then you wouldn't have let your ex leave you in the first place.

In reality, it takes a lot of work and a lot of time to make real changes in your behavior and habits. It takes a lot of self-awareness and practice to stop making your insecurity and neediness affect your relationship. In a lot of cases, it takes professional help to let go of the bad habits that ruin your love life and relationships.

In fact, if you just broke up, then there's a good chance you don't really understand the real reason you broke up.

If you just broke up, your ex has no reason to believe things will be different this time. And they will have no reason to want to try again.

If you want to get them back, you will actually need to make a lot of positive changes in yourself. Again, read the 5 step plan to learn how to do that.

The answer to these questions are important. You must be clear why you want to get back together and you must be sure that things will be different this time. Then and only then will you be ready to contact your ex.

Of course, you should also do no contact before you text them. You can also send them a short email or a hand written letter before you decide to text them for the first time.

SHOULD YOU TEXT YOUR EX ON THEIR BIRTHDAY OR SPECIAL OCCASIONS?

If you are doing no contact, then you should avoid texting your ex during birthdays or any other special occasions. Texting them on birthdays or special occasions does not accomplish anything. Moreover, they might feel like you are using the special occasion to get back in touch with them. And that will make you look desperate.

If you really want to wish them on birthdays or on a special occasion, it is best to keep the text short and to the point. For example, a birthday text should be something like this.

Hey, Happy Birthday!. I hope you have a great year ahead.

You should not use the text to start a conversation. For example, this text is not recommended when you wish them birthday.

Hey, Happy Birthday. I have been missing you. How have you been?

See, this text makes it obvious that you are using your ex's birthday to start a conversation with them. This will turn them off and make them not want to talk to you.

What if my ex's birthday falls at the end of no contact?

In this situation, I recommend that you extend no contact for another week or two. You can wish them on their birthday but you should still stick to the script and keep the conversation short.

What if my ex wants to speak to me after I wish them?

If they respond to you asking a question, answer to them in an upbeat manner but don't give them anything to extend the conversation.

For example,

Thank you. How have you been?

I have been doing well. Thank you for asking.

Part 2: The Basics of Texting Your Ex Back

Texting your ex doesn't have to be very complicated. All you have to do is understand the basics, follow a few templates and just go with the flow. In this section, we will talk about the basics.

Here's what you should aim to achieve when you are texting your ex.

- Make them crave your text.
- They should be excited to receive a text from you.
- They should be looking forward to having a texting conversation with you.

- Make them associate texting you with something exciting.
- Make them want to reply to you immediately after they receive your text.
- Make them start initiating texting conversations with you.
- Make them want to take it to the next level (phone calls or a date).

To achieve that, you must remember the golden rule. The golden rule of texting your ex is to never send a negative text to your ex.

Here are some examples of negative texts that will probably make your ex not want to receive texts from you.

You are a horrible human being for doing what you did. I am glad you are out of my life.

If you don't answer my texts, I'll burn every love letter that you wrote for me.

How can you just leave your son like that. You are a terrible father/mother.

You are not fooling anybody by acting aloof. I know you are miserable and I hope you stay miserable for the rest of your life.

I need you in my life. I can't live without you.

Hateful texts, threats, needy texts and any negative text in general is a big no. You can never make them associate texting you with something exciting if you send the above texts even once.

To make them *associate you with someone exciting and your texts with something exciting*, you must be consistent in your texting.

You must be able to consistently provide exciting and interesting conversations.

If you can't they will either label you as boring, needy, or just a negative person.

What if I already sent a lot of negative or needy texts?

Do no contact for a while. This will give them time to forget all the negativity and maybe even start missing the good times they had with you.

You can also use the "Elephant in the Room" text discussed later in this guide to swipe the slate clean and start over.

THE FREQUENCY OF TEXTING.

Ideally, you and your ex should text each other every day.

You know how lovers text each other? The first text in the morning and the last text before sleeping?

That is the type of frequency you want to achieve. But, you must take it slow. Very, very slow.

If you immediately start messaging your ex girlfriend or ex boyfriend every morning and every night, you are going to sound an alarm in their brain that will make them put all their defenses up.

But if you start with just one text message and slowly very slowly start increasing the frequency, they will probably not notice.

It will feel very natural to them and they will feel the attraction and connection you build is also natural. Heck, if you do it right, they will start increasing the frequency of text messages and there's a good chance they will start talking about getting back together.

OK, but how do I do that?

Here's a sample timeline for texting your ex. This can change depending on your situation, the intensity of the conversations you are having and how often your ex initiates texting.

- Day 1: First text message and a short conversation.

- Day 2: Don't initiate texting. If your ex initiates, reply to them but end it as soon as possible.
- Day 3: Same as Day 2.
- Day 4: Initiate the conversation. Make it longer than your first conversation but not too lengthy. Give them something to think about.
- Day 5: Same as Day 2
- Day 6: Don't initiate. If they initiate, reply and continue the conversation for as long as you like.
- Day 7: Initiate and continue the conversation for as long as you like.
- Day 8: Same as Day 6.
- Day 9: Same as Day 7.
- Day 10. Initiate a conversation in the morning, and in the evening. Continue each conversation for as long as you like.
- Day 11: Same as Day 6
- Day 12: Same as Day 7
- Day 13: Same as Day 7
- Day 14: Same as Day 10

Makes sense? Just mix it up a bit and keep having interesting conversations with your ex. Slowly, but steadily keep increasing the frequency until they are used to having you text them and they are used to initiate texting.

MISCOMMUNICATION AND NEGATIVITY IN THE CONVERSATION

If you and your ex are speaking to each other on a constant basis, there is a good chance either one of you will encounter miscommunication and/or negativity in the conversation. Here's what to do when you encounter them.

Miscommunication

Whenever you encounter a miscommunication, it's best to clear it straight away instead of waiting for your ex to figure out what you said.

This can easily happen if you are using sarcasm in your messages. It's best to avoid sarcasm in text messages unless you are absolutely sure your ex will get it.

Similarly, if at any time, you are not sure about what your ex is saying or if they are being sarcastic, it's best to ask them clearly what they mean instead of trying to figure out what they meant. If you feel they are giving you a sign that they still love you or that they want to get back together, check out [this article](#) that covers most of the signs your ex may give you.

Negativity

Whenever you feel the conversation is going to take a negative turn, you have three options.

1. Try to end the conversation and try again after a couple of days.
2. Try to resolve the issue without speaking about it in detail.
3. Talk about the issue in detail and clear things out.

If you've just started speaking to your ex, then I recommend you choose the first option. If your ex still feels negatively about you, the breakup or the relationship; then he/she is not ready to open up and speak about the issues in a calm manner. In this situation, it's best to acknowledge the negativity and your ex's feelings, apologize if necessary and end the conversation.

For example,

I can't believe you can be so selfish. You weren't there for me when I needed you the most.

I understand how you feel. I was selfish and I am sorry for what I did. I am learning more about myself every day and I've realized why I acted the way I did. I feel that you and I both need some more space before we can speak objectively. I hope we can speak soon and I want you to know that I'll always wish you the best.

If the conversation is about to take a negative turn but it's not very serious, you can acknowledge the negativity and the reason for it and try to move on.

For example,

Yeah, we had fun in the Bahamas. I wish you hadn't been busy with your laptop all the time.

You can sense that your ex is upset about you not being present when you were supposed to spend quality time with them. You can acknowledge the issue without offering a solution.

Yikes! I actually saw that coming. You are right though. My schedule was all over the place. I wish I had spent more quality time with you when I had the chance.

Well. Live and learn I guess.

If the conversation is about to take a negative turn and the issue is serious, then you might want to speak about it in detail. For example,

It seems you have really changed. I hated it that you never gave me space. I almost felt like you want to control everything in my life.

You are right. I did want to control everything around me. I've done a lot of soul searching and even gone to therapy. I realized my habits were formed when I was a child. I never really felt loved because my parents were always busy with work. When I fell in love with you and realized you loved me too, I was doing everything in my power to not lose it. I was controlling everything out of fear of losing my love. I've now realized how unhealthy it was, both for me and our relationship. I've

realized a lot of my other unhealthy habits as well. Anyways, this is too much to talk about via text messages, do you want to get on a call?

Notice that if it's a serious issue, it's best you take the conversation to a phone call. But before you ask them to do so, you should give them a good reason to believe that you have really changed. And at no point of time you should speak to them about getting back together.

WHATSAPP, IMESSAGE, LINE, VIBER, SNAPCHAT. WHAT SHOULD YOU CHOOSE TO TEXT THEM?

There are so many apps you can use to text your ex. Which app is the best?

It's simple. Use the app you know that your ex uses most. Some apps do have an advantage over others, but those advantages are very minor and if you use the strategies laid out in this guide, those advantages will not matter at all. For example, WhatsApp gives you the ability to see if a message has been read by your ex while line and viber gives you a range of emoticons and animations to choose from.

Almost all the apps today can send Gifs. You can use Gifs to make references to your favorite movies or TV shows. (Download Giphy to get access to a lot of Gifs). However, make sure that you use Gifs sparingly and only if your ex responds to them positively. Gifs cannot be used to build attraction with your ex. But they are good for an occasional laugh.

Part 3: The First Text for Your Ex aka What to text your ex after no contact

Your ex is probably expecting a text from you after you broke up with them. But texting them immediately after a breakup is a mistake. You should do no contact before you text

your ex. Take some time out for yourself, work on yourself, make some positive changes in your life and make sure that getting back together is the right decision for you.

WHAT TO TEXT YOUR EX BOYFRIEND OR GIRLFRIEND AFTER NO CONTACT?

Once you have done no contact and you are absolutely sure you want your ex back, it's time to initiate contact. Your first contact with your ex can be in the form of an email, a hand written letter or a text. You can read the guide on getting your ex back for more details on the email and handwritten letter. This guide will focus on how to text your ex after no contact.

When you first contact your ex, you can use one of the following templates.

THE MEMORY TEXT.

This one is quite famous and you've probably come across it. You simply use something to make a connection with your ex and say that it reminded you of them. The key to this text is to keep it light hearted. If possible, add a little bit of humor. You want them to believe that you are no longer needy or desperate and that you will not really try to talk about getting back together.

For example,

Hey, I was just walking down the St Johns street and came across that restaurant with amazing Shawarmas. Reminded me of you (and how we went there after watching Avengers). How have you been?

Hey, I just watched the latest season of Game of Thrones. You were right. Jon Snow really doesn't know anything. It made me think of you right after I almost cried in excitement. Anyways, how have you been?

You can also mix it with something that's been happening in your ex's life.

For example,

Hey, I finally got around to reading the Harry Potter books. You were right. I should have read them long time ago. But, hey I got to experience the Hogwarts magic at 28. Speaking of magic, how was your show at the club last night?

THE ADVICE TEXT

One of the easiest way to get someone to feel good about themselves is to ask them for advice. People love to give advice and you can use this to your advantage when you are trying to re-spark attraction with your ex with text messages.

The key to this text is to find something your ex is an expert at, or is at least interested in. But before asking them, ask them if you can ask them about it. Makes sense? It will in a second.

For example,

Hey, my nephew has this weird math problem that none of us could solve. Can I ask you about it?

Sure.

See, how you are taking their permission before asking them the question. This almost guarantees a response from them because they want to know the question.

We just can't figure out what is the square root of 16." *[Note: come up with a better question than that]*

Oh, that's simple. It's 4.

Wow. Thanks a lot. I was always amazed at what a genius you are at math. How have you been?

This template is great to get your ex to respond to you. You totally fly under their radar when you ask them for advice. Here's another example using the same template.

Hey, my friend just started cooking and he asked me a weird question. I am totally confused. Can I ask you about it?

OK

Is it okay to add onions when I am cooking a steak?

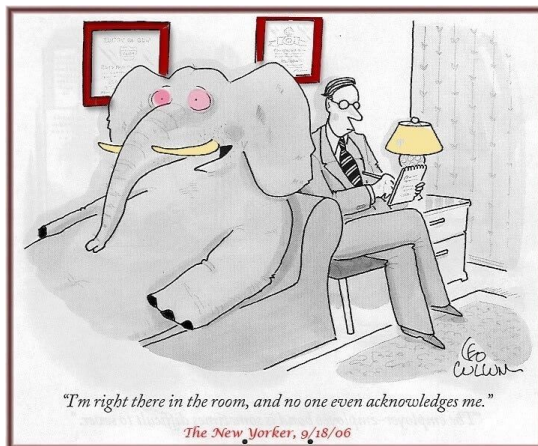
Umm, if it's a good quality steak, it's probably best not to add any onions. But if you want to experiment, go ahead.

Thanks. I love how you are so good at cooking anything. And I loved the chili you made for me that day. Where did you learn to make it?

Again, come up with better questions than that. I am totally pulling this out from nowhere as I am writing this article and if you use the questions in the above examples, your ex will probably see through them.

Make your questions genuine and be genuinely curious about their answer.

THE ELEPHANT IN THE ROOM TEXT.



What if your break up was really bad? What if you made a lot of mistakes after the breakup? What if you acted needy, desperate, creepy and maybe even stalky? What if you cheated on your ex? What if your ex cheated on you?

If you fall in any of the above category, then there is a good chance you will not be able to use any of the first text messages as templates to get back in touch. If the last thing your ex said to you was something along the lines of

“I hate you. Please never contact me again.”

You can't just act as if it didn't happen and just casually start talking about how Jon Snow knew nothing in the latest episode of Game of Thrones.

If you do that, your ex will be weirded out and think you are crazy.

You have to acknowledge the elephant in the room. You have to clean the slate so you can start again. This is when the Elephant in the room texts come in handy.

How do you go about it?

You've got to mention three things in this Text.

1. Apologize for whatever happened during the breakup
2. Acknowledge that you've accepted the breakup and have healed
3. Tell them how you've changed (For example, learned how you were needy and started working on yourself.)

Once you've sent the Elephant in the room text, you have to lay back for at least a week or two before you can use any of the other templates mentioned in this guide. (Note the Elephant in the room text is especially useful if your ex girlfriend is dating a new boyfriend or if your ex boyfriend has moved on to a new girlfriend)

Part 4 : Using Text Messages to Rebuild Attraction, Connection and Trust

Once you've texted your ex for the first time and have received a positive response, you need to start rebuilding attraction, connection and trust with your ex.

Texting is a great medium to do so when your ex still has leftover negative feelings from the breakup and they don't want to give you any false hope.

You probably have read a lot about texting from different articles on the internet. You might have even come across some articles that claim to be the best article on the internet. But if you notice, they will all give you a one size fits all solution to texting your ex girlfriend or ex boyfriend.

The truth is, your ex is unique. Your relationship with your ex is unique. What attraction means to them is unique. What chemistry means to them is unique. What trust means to them is unique. What might work for someone else, will not necessarily work for you. So before you move forward with this, you must understand your ex and what attraction, connection and trust means to them.

Here's how you go about doing this.

1. BUILDING ATTRACTION WITH TEXT MESSAGES

You know your ex better than anyone else. What is it that your ex found attractive in you in the first place?

Do you know how sometimes people say "He/She is not my type."?

What do they mean by that?

Sure, sometimes it is referring to a physical quality of the person. They may be referring to their height, weight, hair color, or skin color.

But in most cases, whenever someone says, "He/She is not my type"; they are referring to that person's personality.

It could have something to do with them being an introvert or an extrovert, or it could have something to do with them being honest and trustworthy. It could have something to do with them being active in sports or the fact that they are an academic.

Different characteristics appeal to different people. You need to find out what are the things that appealed most to your ex and what turned them off.

For example, suppose your ex is an introvert and they don't really care about meeting new people and hanging out in social gathering.

And suppose you sent them a text like this.

"I just went out to this crazy party last night with a couple of friends. It was amazing and I wish you were there with me."

Do you think that will make your ex more attracted to you?

When you send a message like that, you will probably turn them off because you are forcing them to imagine themselves in a situation they don't find much appealing.

On the other hand, a message like this might be more appealing to an introvert.

"I went to my uncle's cabin over the weekend. We were surrounded by birds, dense forest and we spent the weekend re-reading Harry Potter for the fifth time and reenacting some scenes from it. It was amazing and I wish you had been there."

Imagine how this would make an introvert feel. You are displaying qualities that you know your ex is attracted to. You are also making your ex imagine what it would have been like being with you and spending time with you. A message like this will earn you some attraction points from an introvert.

You should be able to craft messages like this to display positive qualities in you and at the same time making them imagine what it would be like being with you.

But, you must take things slow. And you must be subtle about it. For example, if they are an avid sports fan, you can't just say something like this.

"You know I've started watching NBA as well. If we get back together, we can watch it together."

That will definitely make your ex put their defenses back up and make them think you are needy and a doormat.

But you can do something like this.

You will not believe what just happened.

What?

My aunt got me seats to an NBA game and I figured why not. My friend and I went to the stadium and OMG. This was the best experience ever. And now, I watch all the important games. I finally understood why you spent so many nights stuck to the TV.

2. BUILDING CONNECTION AND TRUST USING TEXT MESSAGES

You develop a connection and trust with someone you spend a lot of time with. Go back to the beginning of your relationship with your ex. You probably didn't trust each other much and you didn't feel a deep connection. But as time went by, you started trusting each other and felt a deep connection with each other.

Sometimes it takes months and sometimes it takes years to develop a connection and trust with someone.

There's no two ways around it. Building connection and trust takes time. A lot of time. But the good news is that you and your ex already had a pretty solid connection. You were both together for a long time and probably trusted each other. There's a good chance you both still feel a deep connection to each other even after doing no contact for a while. And even after everything has happened, a part of you will always trust each other.

So how do you capitalize on that?

You build connection and trust by being honest and vulnerable in a way you have never been before.

I know what you are thinking.

I desperately want my ex back, if I be honest about my desperation, how can it build a connection with them?

Well, you don't. If your honesty is coming out of desperation and neediness, it's going to backfire and you will probably push your ex away.

This is why I recommend again and again to take some time off, work on yourself, learn to be happy, become confident, become a better version of yourself, become You 2.0 before contacting your ex. This way, you can truly be honest with them when you say that you are Okay with whatever happens.

Let's say your ex calls you out and asks you if you are texting them because you hope to get back together. You might feel like a deer caught in headlight.



So, what do you do? Do you lie? Do you ignore them? Do you be honest?

I recommend being honest. After all, you don't want to build your new relationship on lies and deceit. But honesty can work both in your favor and against it.

Here's an example of a needy person being honest.

Honestly, I still want you back. I don't think I can ever find someone like you and I have been miserable without you.

And here's an example of confident person being honest with their ex.

Honestly, a part of me does want to get back. But I am okay with whatever happens. I understand why the breakup happened and have realized that it was for the best. I am in a good place right now and to be honest, I am texting you just because I miss speaking to you. I don't have a goal or an ulterior motive for texting you. I just want to see what happens.

See how that message doesn't make it you look needy or desperate. Moreover, this removes any pressure from your ex. In all possibility, they also want to see where this goes considering you have changed quite a bit. They know that they will not hurt you by leading you on because you are no longer needy and desperate.

Here are a few other ways to be honest and vulnerable while building a deep connection and trust with your ex.

- Speak about what you've learned during no contact.
- Speak about your insecurities and how you've let them ruin your relationships in the past.
- Speak about how you truly feel about important things in life. Things like life, religion, politics, relationships, love, life partner, career. (Note: If your ex has an opposite view on one of these topics, it's best to avoid them.)
- Encourage them to be vulnerable. When you are honest and vulnerable, you encourage them to do the same. Conversations like this can turn meaningful and eye opening for a lot of people.

– When they speak, truly listen to them. Try to understand how they feel and try to see things from their perspective.

– Ask them creative questions. Questions that make them think more about themselves and can lead you to more meaningful conversations.

Here’s an example of using a creative question to start a conversation.

Hey, someone asked me an interesting question the other day. It made me think a lot about my life. I want to ask you the same thing. Should I go ahead?

Sure

If there is one thing you can change about how your career is going what would it be?

Umm. I guess I will decide to start my own studio instead of working for this soulless company.

You know, I always wanted to tell you to start your own studio. You are so amazing at interior designing. Honestly, I think you would do great. What do you think is stopping you from doing so?

I don’t know. I never really got the time to think about it. I always wanted my own studio when I was in college. I guess I got complacent when I got a job.

From here, you have an opening to talk about a lot of things. You can talk about your or your ex’s dreams in college, about working at your job, about business ownership, about arts or interior design, or about your own insecurities at your job.

A NOTE ON REBUILDING TRUST

If you broke your ex’s trust during your relationship, then there’s a good chance they won’t be open to rebuilding a connection with you unless you at least give them some hope that you can change. You must show them that you are willing to do whatever it takes to rebuild their trust. And this should start with a deep insight for your actions, your reasons behind those actions and what you are doing to change that. You cannot rebuild

trust by text messages alone. But you can start by being vulnerable and honest. Refer to the checklist above on how to start being vulnerable and honest with your ex.

Part 5: Moving on to phone calls and a date

PHONE CALLS

Texting is great when you are just starting to speak with your ex after doing no contact. But it's not nearly as good as a phone call or a face to face meeting. You have a lot of advantage when you are on a phone call with your ex. You get to speak to them as you would speak to a lover. You get to listen to their voice and they get to listen to yours. You get to listen to their tone and they get to listen to yours. You can develop a much deeper connection because you are actually talking to your ex instead of just texting.

I recommend that you try to get your ex on a call whenever you get the opportunity.

For example, suppose you and your ex have been speaking regularly for a while. You've decided you are ready to speak to them on the phone and you want to take the plunge. You can use a simple excuse in between the conversation.

And Nathan couldn't balance himself and fell face first on the cake. I died laughing.

LMAO

Hey, I am getting in the car to drive. I can't stop laughing. Wanna get on a call and continue this conversation?

sure

you call your ex

See, how simple that was. The only thing that's needed is for you to ask. And now, you can actually laugh together instead of sending acronyms of a phrase that says you are laughing (LOL).

You can also ask them to get on a call without any excuse. But before you do that, you must be speaking to each other regularly and must have built enough rapport with them. To ask them on a call just say something like.

Hey, wanna speak on the phone? I am kind of tired of typing.

ASKING THEM OUT

Asking your ex out is a big move. Most exes are wary about going out with their ex partners because they think this might give you the wrong signal and make you put your hopes up. This is why you should not ask your ex out until you have built enough connection, attraction and trust with them.

Before you ask your ex girlfriend or ex boyfriend out, you should be speaking to them on the phone regularly and texting regularly for at least a week.

In a lot of cases, your ex will ask you out after you've built enough attraction and connection with them. But if they don't, you can use this simple template to ask them out.

Hey, I'll be in *[area near your ex's house or office]* tomorrow, wanna catch up for coffee?

Keep it simple and don't pressure your ex. If they say they are not sure, just give them a gentle push without making it look like you are forcing them. For example,

I am not sure if that's a good idea.

Come on. It's just coffee.

Umm, alright. I'll see you at 6.

It's very important that you don't call it a date. Using words like "Catching up" or "Hang out" is a good idea.

If you wanna be adventurous, you can even ask them out on very specific dates like shopping, a concert, a book reading or a sports event. But all that is a bit advanced and doesn't really fall in this topic. After all, this article is just about using texts to get your ex boyfriend or ex girlfriend back. And we've already covered quite a bit into that.

Thank You For Reading

[Unstoppable Self Confidence](#)

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