

10

**Sure shot ways
To get your Ex Back
Within one week**



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Reverse your Break up in 7 Days

Life does not follow any set pattern. There is no rule book to guide a person on its long journey of existence. [Follow your heart](#) is the best way to handle the ups and down and various hurdles that come across through a person's supposedly small life span on this earth.

Be sure of one thing in your life – “Never take anything for granted”.

Everything comes across with a price tag attached to it. You have to make your own place and stamp your existence on this earth vividly.

Be sure of your life's goal and targets and shoot after them. Don't be modest. Opportunities never knock at your door twice. You have just this one life to prove yourself (you never know in what form you reappear in your rebirth).

Nobody cares how you achieve your goal, what matters is the end result. If you want something desperately, work on it. Don't let it go without sweating on it. Give it your hundred percent.

There is no way you can't achieve your [heart's desire](#), if you put your whole heart into it. If a person wants something real badly, and put his full effort in achieving it, even the universe helps him in his pursuit of his quest.

It's a mind game. One has to be fully prepared and confident in one's own ability.

First, there has to be clarity in mind about one's wants and desire. Are you clear in your views about what you are after? Is it just a whim or a true desire? Are you ready to slog for it? If the answer to all the above questions is yes, then, tighten your seat belt and go for it. Your flight is ready to take off.

10 Ways to get back your Ex within 1 week

Remember you are into a race against time. One Week is what you need to get your ex back. Plan your strategy carefully and implement it. Best of Luck!!!

1. Enhance your physical appearance

Jot down your positive and negative points on a piece of paper. Work on the negative aspects and flaunt the positive ones.

First, start with your physical appearance. Stand in front of a mirror and appraise yourself from head to toe very critically.

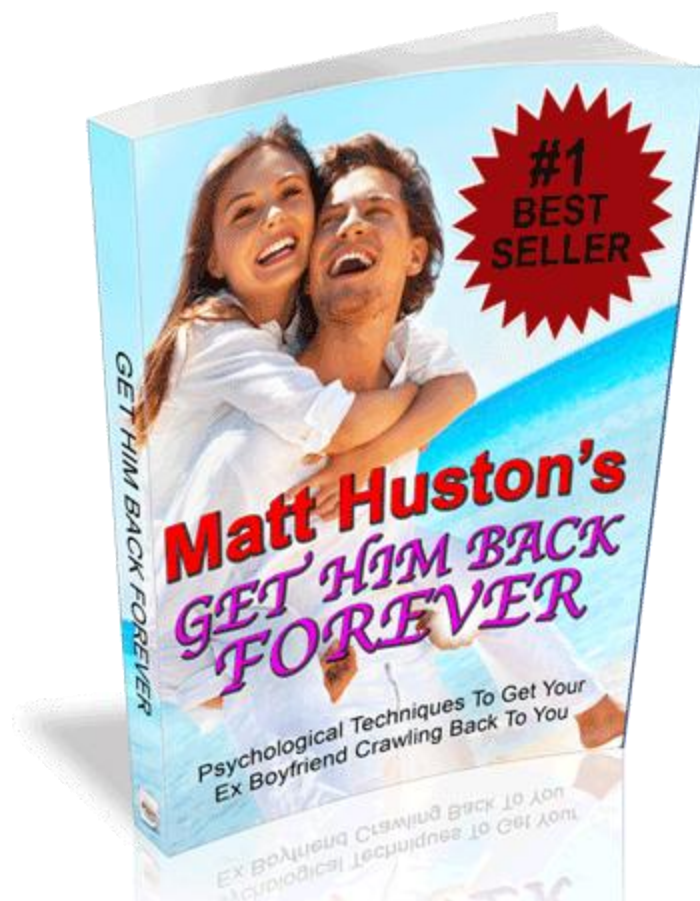
Say, let's begin with hair. Are they dull, rough and unkempt? Have you had a same hair style for a very long time?

If so, take an appointment from your hair dresser for the earliest possible. Go for a new hair style keeping in mind your boy friend's liking for short or long hair.

If you think there is nothing wrong with your hairdo, take a step down.

Now, let's tackle the face. Are you losing out on your freshness and gaiety due to tension? Is your regular glow missing? Where is the sparkle of your eyes that first attracted him to you?

Don't let go of your mischievous smile. Rush for a facial. Get a spa and massage done. Get yourself rejuvenated. Splurge on yourself. Go for bright, lively lip shades and make-up. Throw away anything dull and somber.



Next comes the clothing part. There is a old saying "God made a man, tailor made a Gentleman". Clothes can make or break you.

Pamper yourself, go for a new wardrobe. Pick out some smart sexy clothes. They will not only make you look attractive but at the same time will boost up your self confidence. You will feel good from within.

Don't forget you are out on a killing spree. Nothing is wrong in love and war.

Don't be demure and shy and go out on a hunt for your man with full force. Make sure when you walk down on the road heads turn. Also ensure, your ex is somewhere around, noticing other men goggle at you.

Men love to possess something other craves for. Believe it or not, they love to show off, as much if not more than as women.

Keep two days aside for your physical transformation and in these two days don't let your ex have a glimpse of you.

Once you are satisfied that you are looking your best possible, try to go out with your friends preferably a male one, to those common joints, where you are sure your ex boy friend is also bound to be.

Flaunt yourself unashamedly. Flirt around and give a notion of having a good time. At the same time make sure, you do not entirely ignore your ex or go overboard in your act.

That might give him an idea that you are doing all this in a rebound and it might please him further that he still has that hold on you.

Your purpose of all this should be to make him realize what all he is missing by walking out on you. Be a little distant but at the same time be friendly with him, so that he gets the message that he still has the scope of [coming back to you](#).

Don't scare him off by getting too close to your male friends that might send entirely wrong vibes.

Be graceful and elegant and show off your newly acquired poise. If he approaches you with a desire to meet again, don't show over enthusiasm, and don't ever let him feel as if this whole trap had been set up purposely by you with the only intention of entrapping him into it.

A man likes to catch his own prey. The feeling of being hunted down scares them off. Don't repeat the mistakes that led to this break up at the first place.

When with him don't compromise with your new looks. Use your new wardrobe and make-up to your full advantage. A man likes to be seen in the company of beautiful and attractive women and there is no dearth of such ladies around. You have a constant competition.

One more important aspect that should be kept in mind is, always behave in a proper manner when out with other men. Don't give your ex any wrong signals about your character.

Flirting with other men should be well within the limits of a friendship. Don't give anyone the idea that you are easily available for any Tom, Dick and Harry. Let there be full respect in your



relationship once you regain it.

That is the most important ingredient for a [long lasting relationship](#). So, have a nice time with your new look. There is a definite surety that it is going to catch your boy friend's attention and bowl him out flat.

2. Be Independent and Confident

After physical appearance comes the emotional and mental part.

Women are emotional fools, they carry a large baggage with them everywhere which contains rights and wrongs of life.

Leave your heavy suitcases behind for a change, for someone else to look after. Be light headed and move forward in life with an open and clear mind. Be firm and determined in your pursuit. Don't be aggressive.

Be subtle but single focused. Persistence is the key to success. Don't give up without a good fight. A battle lost doesn't necessarily mean lost war.

If you want your boy friend back badly, go after him all armored, and ensure others know of your intentions. Determination always pays.

Be consistent in your approach. Remember you are fighting for what was yours and you want it back. Don't show your desperation, by being clinging and submissive.

Be independent in your approach. Never should he feel burdened down by having you around him. Being soft, delicate and vulnerable are some good qualities that a woman should have, but at the same time confidence in oneself is equally important.

Being always dependent on your man for every big or small problem is the fastest and the surest way of ensuring his reluctance in continuing the relationship on a long term basis.

At first, they all like their girl friends to be feminine and submissive and looking upon them starry eyed.

Men enjoy being asked their opinion regarding their girl friends clothes and accessories. Their full time attention and company boost their egos.

They feel manly with a girl friend tagging along with them and being always there at their beck and call. But over the period of time they start feeling suffocated and chained down when constantly in the company of a naïve, ignorant, empty headed girl friend, who is dependent on them for their every small requirement.

Change your attitude. Be independent and confident. But remember, only confident and not over confident. Try to relieve him from the strain of taking every small decision, help him out with his basic daily needs.

Men will never admit but they are very poor housekeepers. Doing basic daily chores like grocery shopping, bills payment, home cleaning bore them to death. Increase their dependency on you by simplifying and sorting out their everyday routine.

One most common excuse for a [break up](#) in almost every relation is the fight over who takes the responsibilities. If that has been the reason in your case, now is the chance to rectify it. It won't hurt you to take the first step towards reconciliation. Have that much confidence and determination in you to be able to manage things single handedly.

Let him also have that much faith in you. Ask him to give you a week's time to prove yourself. Show it to him that you can manage things on your own without his interference and that too with perfection. You should not be an added responsibility on him but a company for him, and that too an intelligent one.

Charm him down with your confidence, determination and independence. Just notice, he won't want to go anywhere away from you. And why should he? He has nothing to lose and everything to gain.

Just Breakup?

Psychological techniques to get your ex boyfriend crawling back to YOU.

Discover the 3 specific reasons men break up with women and how you can make him fall madly in love with you again by...

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3. Never underestimate yourself

One most basic rule to hold on to your boy friend is, never to underestimate yourself. You alone are not to be blamed for the breakup.

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