

# **How To Get Your Ex Back**

## **7 Strategies For Healing Your Relationship Without Making It Worse**

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## Magical Spells To Get Your Lover Back



For anyone who has lost their love and is suffering through a breakup, you know what it's like and you would try almost anything to get back with the one you love, even spells to get them back. I believe that there are many things in this world we don't really understand and there may be some type of spell that could help, however, I personally prefer a more direct approach to heal a relationship and get back with the one you love.

There are several things you can do that will help you reconcile with your lost love, but ultimately remember that they have to want to get back together too. You can't do it all, no matter how much you may want to. If they are receptive to trying to work things out you are halfway home, but if they aren't then as sad as it may be to face, your relationship won't be able to be salvaged and it's time to move on and find another love.

These steps will help the two of you not just get back together but to learn to avoid all the mistakes you made before so this time it will last and the two of you can be happy together:

1. First things first, unless the two of you can identify what went wrong you will never be able to fix it and have a strong loving relationship. While this may sound easy on the surface the truth is that this one step can be really hard since it will require both of you to face some unpleasant truths about the way you act and what you bring, or don't bring, to the relationship. You have to diagnose the problem before you can fix it (and by the way, this isn't all about just pointing out the flaws of your partner either. It's about each of you admitting your own issues and not worrying about your partners).

2. Now that you've each admitted the issues that you have, it's time to figure out a strategy for making changes. If you don't seem to be able to figure out how to overcome the issues you may want to enlist the aid of a therapist or at least find a book that can help you out. For many couples the biggest challenge they will face is to learn how to communicate more effectively. This will take some time, especially if the two of you have to retrain yourselves.

3. If you've been doing the above steps on your own and you haven't let your partner know that you want another shot, now is the time to let them know what you've been doing and how you've changed. Of course, just telling them may not be enough you may be better off showing them. To do that ask them to meet you for lunch or coffee, etc. Just don't talk (at this point) about getting back together. Just hang out and enjoy each other's company. After a while they should start to notice that you've changed as well as realize that they miss you.

Choosing the right things to do to get your lover back will depend a great deal on why they're gone in the first place. For example, if you're the one who ended things you'll take a different course of action to get them back then you would if they broke up with you. Or, if the two of you ended your relationship because of abuse or infidelity, it will be tougher to reunite than if you ended just because you squabbled all the time and just don't know how to communicate effectively.

The good news is that when it comes to getting back with your lover, there is always hope, even if things seem bad right now. If you really want them back in your life, you've got nothing to lose by giving it a try. Just don't forget that despite your best efforts you may not be able to get them to come back and you have to be willing to walk away with dignity if that is how things work out.

We are all guilty of misinterpreting something we hear. Whether you realize it or not, you will put a small 'spin' on everything you hear and the direction of that 'spin' will depend on who you are and what your perspective is on a certain issue.

For example, let's say that you are overweight and your partner makes a mean comment about someone they see on street. Even though they may not mean anything directed to you, it's very likely you're going to think they are also talking about you.

So let's say your partner says something like, "wow, that person is huge." In their mind, they may only be talking about that person and not even thinking about you. However, you will probably interpret it more like this, "wow, that person is huge...and so are you." Sure, this is an extreme, and easy to identify, example, but this type of thing can happen in all aspects of your communication and neither or you may even be aware of it.

It's an easy thing to do and it can be a fairly easy thing to change once you identify what is going on. You may want to enlist the help of a therapist to show you better methods for communicating and walk you through the steps needed to make those changes.

The best way to figure out the things to do to get your lover back is to figure out what the problems were before, try to fix them, and then let your lover know the changes you've made, hopefully they'll want to get back with you as much as you want to get back with them.

By following this simple advice you won't need spells to get your lover back, you'll be able to get them back all on your own.

## Should I Even Get Back Together With My Boyfriend?



Chances are if you are asking the question should I get back together with my ex boyfriend, the answer would probably be no. Of course, every situation is different but if you loved your ex and thought the relationship was a good one, you most likely wouldn't even have to ask the question, you're probably asking the question because deep inside you have some misgivings and you want someone to make the decision for you.

To put things in a little more clear perspective, look over this list of things to consider. After you're done, the answer will probably be much clearer:

1. Did your ex abuse you in any way? I'm not just talking about beating you or forcing you to have sex with him, but was he belittling you all the time? Did he seem to go out of his way to make you feel insecure or

unsure either about yourself or the relationship? If he did, it's most likely a case of a man who is very insecure and needs to try to make himself feel better by bringing you down. It's not impossible for him to change but it won't be easy and he has to really want to. If you don't think he's ready or willing to change his behavior than you have to ask yourself why in the world you would even consider going back to him and let him treat you that way?

2. Was he supportive of you? Was he? Did he have your back and encourage you to do things that would make you a better person or help you fulfill a dream? Many men are threatened by an accomplished woman, again this goes back to their own insecurities. If your ex was one of those guys you have to again ask yourself why would you even get back into a relationship with someone who isn't on your side. Your partner should always be your biggest supporter, even if you're wrong.

3. Do the two of you share similar goals? If one of you wants to get married and the other doesn't, why go back? If you have different views on money, parenting, careers, fidelity, etc. These are big issues in a relationship and it will be hard to have a steady relationship if the two of you are coming from such different directions.

4. And last, but not least, do you trust him? What was the reason you broke up in the first place? If there was infidelity going on what makes you think he won't do it again? No offense, but that's stupid. True, some people cheat once and truly regret it and never do it again, but more often than not a cheater is a cheater and they will do it again. Unless you can be fairly sure that it was a one time lapse and he really is sorry and won't do it again, you should probably just find someone else and start fresh. You probably don't need me to answer the question should I get back together with my ex boyfriend, more than likely if you stop and think about it for a minute, you already know the answer.

## What Are Signs That He Wants To Breakup?



Boy, there's nothing worse than cruising along in a relationship, so in love and thinking everything is going great only to be blindsided by signs he wants to breakup. That can really suck the life right out of you. A breakup is tough enough to deal with but if you don't see it coming until the last minute, it's so much more difficult.

Every person is different and they act differently in relationships, so there is no one size fits all answer to this question, but the bottom line is something is going on and that's why you're asking the question. Of course, you can't just assume that he is acting differently because he wants to break up with you. He might be having some issues at work, he might simply not be feeling well. If you sense he's acting weird you should try to talk to him to find out if there is something else going on.

Here are some things you can consider to try and figure out what is going on in your guys head:



1. Has he suddenly started being critical of the things you do or the way you do them? If he has always been this way than that's one thing, but if he's just started nitpicking the way you cook, or dress, or do your hair, or talk, or eat, etc., then that's a sign that something is going on. It's also incredibly rude and mean and if he can't offer a valid reason for it, perhaps you should break up with him!

2. Has he suddenly started taking more interest in his appearance? If you used to be lucky to get him to put on a clean shirt when he left the house and all of a sudden he is dressing up when he goes somewhere, that's a bad sign. It's very unlikely that he just suddenly changed for no reason. It could mean that he's met someone and he wants to impress her.

3. He doesn't want to have any physical contact with you anymore (or at least not as often as he did before). That might mean he is overstressed at work, but it could also mean he's getting his needs met somewhere else. Ask him what is going on, don't accuse him though. That will just start a fight and if it is something innocent you'll look like a shrew.

4. Is he suddenly secretive when he's on the computer or on the phone? If he used to talk on the phone in the same room with you but now he leaves the room it's possible that he has something to hide. Does he seem to be texting 'his friends' more often than he used to for no apparent reason? Again, it could be a sign that he's talking to someone new.

5. Is he suddenly canceling dates with no reason and little warning? This is a sure sign something is up. I mean, if your guy doesn't want to spend time with you, that's a very bad sign. None of these things on their own are necessarily signs he wants to breakup, but if you notice more than one of these signs, something is going on. Just ask him, if it's something innocent he'll tell you, if not he won't. Either way you'll have your answer.

## Fixing a Broken Relationship



When it comes to useful tips on fixing a broken relationship one of the things we hear all the time is that couples need to work on how they communicate. That may sound weird to lots of people, they may think that they talk all the time. However, talking and communicating may not be the same thing. It's important that you both learn how to listen to the other person too. But even this isn't enough, since it's very easy to hear what you want to hear and not what is being said. It's also easy for the person who is talking to not express themselves clearly which can open the door to misunderstandings.

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