

# How Do I Get Him Back

~ By Bob Grant, L.P.C. ~



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## ~ INTRODUCTION ~

I must admit, when I began writing, it wasn't my intention to write about how to win a man back. No, the idea came to me from women who bought my first book, *The Women Men Adore and Never Want to Leave*. Many of them took me up on my offer of a Free 15-minute coaching session and one of the most frequent complaints or concerns I heard from these women was in regard to them being in a relationship with someone—be it for three weeks all the way up to six months—where it seemingly was going well and then by most women's accounts, the guy just seemed to suddenly lose interest. Most of these women were befuddled as to why. It got to the point where I started tracking the percentage of calls that actually ended up being related to this very topic, and it ended up around 90%. I realized that there was actually a phenomenon, a pattern, going on with so many women in relationships, and they seemed to have the same questions:

What happened?

What did I do wrong?

What's wrong with him?

How can I get him back?

Can I get him back or is it too late?

They were hurt and totally dumbfounded that someone who seemingly was interested in them, most of the time even passionately, could simply lose all interest and lose all desire in a relationship. So rather than just continuing to talk to these women one-on-one, this book is an effort to reach the women that I am not going to be able to talk to on the phone, those who aren't going to be able to come into my office, and to give some insights as to how this pattern happens and what contributions a woman makes in the breakup and what remedies or techniques they can use to help bring a man back. Now before I get into specifics, there has to be one starting point that you, the reader, must acknowledge, and that is that it is possible that no matter how perfect the techniques you use, how thoroughly you understand them, that a particular man may not return to you simply because of his own fears or his own insecurities or because he has been hurt too much by you or by someone else. In other words, we can't totally control the outcome, because the only way you could get any

man back every time would be if you, the reader, would be willing to do ANYTHING to get a man back, even demeaning and degrading things which are beneath you.

Rather than doing ANYTHING, what we need is a plan. A series of steps that will help prepare you for your opportunity to rekindle the relationship, while helping to calm you down at the same time. Probably the worst thing you could do is to make contact with him when your emotions are raw. Even though you might want to apologize or even ask him why he left, you can't. That might be what your fears are telling you to do, but it will only make things worse. You need to be able to speak with him, at the time when he is most receptive to getting back with you. If you rush this, it most likely won't work. I'm saying this because I want your relationship to be saved. It's too important not to give it every chance. Yes, I'm trying to slow you down, and keep you from making a mistake that could cost you this relationship forever.

Now, this plan is going to take 8 weeks. Yes, I know that may seem like a long time and often women have told me, "But I'm afraid he'll forget about me." If you share that concern, here is my response. Let's pretend that you and your ex don't get back together. That your relationship ends and you both move on with your life. Let's PRETEND that 2 years from now your ex marries someone else and for some strange reason he ask you to come work for him or to be his business partner.

So, it's 2 years later, he's married to someone else and he calls to ask you to come work with him. Here's my question, what do you think his wife would say to him when he tells her that he has invited you (his ex-girlfriend/partner) to come work with him? Honestly, what do you think her reaction to the idea that her husband wants to work with his ex would be? Actually you know the answer.....she would say to him, "Absolutely Not! You're not working with her, you used to have feelings for her." Here's my point. You see what EVERY wife knows is this secret,

Once a man has feelings for a woman, they can always be rekindled.

It doesn't matter if the relationship ended 2 years ago or 10 years ago. It doesn't guarantee that those feelings always will be rekindled, but every wife knows intuitively that it is possible. Think about yourself. Would you want your boyfriend or husband to work closely with any of his ex girlfriends? I'm emphasizing this because over the next few weeks it's common to feel like he'll forget you and never think of you again. With men, thinking about you all the time isn't as important as it is with women.

What you are about to read has been used to rekindle relationships for centuries and, when properly implemented, it is most difficult for a man to resist. This is a man's heart we're talking about, the core of his

being, and if he has left you, there is usually a lot going on inside of his heart that he might not even be aware of, that he's trying to avoid. It is such a powerful thing to turn a man's heart that in most cases his heart has to warm up, he has to lower his guard, his fear and his adrenaline have to die down before he can begin to warm up to the process of reconciling with a former girlfriend or a separated spouse.

As you can tell, what I am trying to do for you, the reader, is prepare you to take this seriously. What I'd like suggest is to read through this plan first. Skim over it and then take the time to come back and read it later. Study the details to see which areas might be more of a challenge for you and promise yourself that you'll follow this plan to give your relationship the best chance to succeed. If this is the man you want back in your life, then begin to prepare yourself for a process that will probably take weeks instead of days. Now there are some exceptions to this but, by and large, turning a man's heart for a lifetime will require a patient and methodical approach from a woman. We cannot flood a man's heart with emotion to win him back like you can a woman's. You can't give him gifts... you can't shower him with sweetness and love...that doesn't work with men. In fact, what it's more likely to do is cause him to think of you as desperate. Men run from emotions, especially emotions that are too intense. Letting him see you while you're feeling intense emotions right now is like putting gasoline on a fire. It will only overwhelm him. We are trying to get the fire inside of him to go down. If the fire represents his fears, we are trying to be able to calm that down, slow it down, just so that he will let us get closer.

Here is an example of how this works to women. When a small child is upset, you comfort and you console them, but there are times when they are upset, when the more you comfort and console them, the more upset they get. Sometimes with a child, what they need is for the adult to say, "You're okay. No...calm down, nothing is going to hurt you," and to be a little firm while they learn how to contain those feelings. Most of the time soothing is wonderful when someone is upset, but sometimes soothing makes it worse.

Men, in general, when they are upset and overwhelmed, do not respond well to soothing because they feel that you are talking to them as though they are a child. Yet, most men have the emotional aptitude of a child. I don't mean this as a put down, but they are just not wired for a flood of feelings like women are. So now that you have accepted the fact, hopefully, that this is going to take a while, if we are going to turn the man's heart that you want back towards you, now we can begin to talk and lay some groundwork as to how we are going to do it.



## ~ CHAPTER ONE ~

# Understanding A Woman's Heart

### **Step # 1: Let's Start with Understanding A Woman's Heart**

Let's start with the basics as to what women do and how it gets them in trouble. If I just tell you what to do, I'll be leaving you without a framework as to why you are doing those particular things. When things do start to get intense and you start to worry, you are not going to have a game plan and you're not going to have a template in your head. In other words, you will most likely go back to reacting emotionally to your ex when you become fearful or frustrated during this process. If you react emotionally when your boyfriend, your ex-boyfriend, or your estranged husband isn't calling you back, or in regard to what it is you want, you'll panic. You'll probably do the same thing that caused him to leave; or I should say, perhaps, contributed to him leaving in the first place. Therefore, please bear with me while I explain why your relationship probably ended, so that you will be able to stay with my plan for you.

Did you know that Women in general tend to do two things universally? One is they tend to create beauty, and the second is they tend to take pain away. It doesn't apply to every woman, but it does to most. So when a woman feels bonded to a man, she has a natural desire to want to please him and make his life more wonderful (create beauty). She may offer to help him dress better, or perhaps clean up after him at his house. All the while she is merely trying to add color, style and, in general, more ambiance to his life. If he is in pain or distress, it is just natural for her to want to ease his pain through whatever means she thinks is possible to take that edge away (take pain away). She delights in seeing him released from his pain. She will offer to talk about what concerns him, rub his shoulders, and even have sex. All her intuition will be focused on, "What can I do to be helpful to him?" She is also more likely to become more attuned to his wishes, his moods—might want to anticipate what he wants, might want to cook him something, might be open to his

advances. It is an empathetic skill that very few men master, or—to be honest—really even want to.

From what I have just said, it might seem that men would appreciate this characteristic in women and NEVER want to leave them. After all, what could be better than having a woman in your life who is trying to please you? For a man, the problem arises when a woman overuses her gifts. In fact, the truth is that most people get in trouble by overusing their gift. Someone who has the gift of empathy will undoubtedly rely on that gift when they are under stress and inadvertently become too empathetic, which often comes across as them being a doormat.

Conversely, someone who has a take-charge personality will most likely, under stress, display the tendencies of a tyrant. Because, under stress, all of us tend to fall back on what is familiar and we tend to overuse it. We may just overuse it a little bit, like when you stretch a rubber band a bit too far. Even though it is only stretched a little beyond its capacity, the entire rubber band is overstretched, which causes the entire rubber band to be TENSE. If someone (like me) says you are probably giving too much, you may not understand; because most of the time when you give, you get rewarded for it and you get praised. Therefore, a common response from many women is, “What’s wrong with giving?”

When a woman overuses her kindness, empathy or other skill, it comes across to a man as being controlling. They are giving as a way to make their man feel something good. But what if he doesn’t want to feel good, or close, or cuddly? What if he just needs to think about something or be by himself until he calms down? When a woman tries to take a man’s pain away without listening to what he needs, but insists on giving him what she thinks he needs, she will eventually drive him off. This is what causes women to have blind spots. She suddenly feels clingy, needy or desperate because she gave too much. She overused her gift and rather than being thankful for her giving, the man feels that she is trying to get a certain response out of him, one that he might not be ready to give.

If you are a take-charge person and you are rewarded at work for this quality, and your boyfriend or husband admires this about you, it will probably dumbfound you if someone says, “You’re being too controlling,” because 99% of the time, you get praised for this quality. It is the wise person who understands the fact that if he or she is aware of this gift, then that very gift is what you have to keep an eye on when you are under stress. So to you, the reader, I am pointing out that I am going to assume that you, like most women under stress, tend to be giving or gracious or empathetic. Because that is your skill and your gift and one of your best attributes, and that is also the thing you are most likely to overuse. This is the reason why so

many women end up sleeping with a boyfriend or having sex far too early in a relationship. They want to please the man, or they feel that he is starting to pull away; and, since they are a giving person, the most valuable asset they can give is their body. They give the man more (their body and heart) than he gives (a lifetime commitment), and they don't understand why giving MORE won't work.

Think of it this way. If you've ever baked cookies, you know that the recipe calls for a certain amount of sugar; but, if you put a little too much sugar into cookies, when they bake, it ruins the batch. There is such a thing as too much of a good thing. So, the first step is for you, the woman, to realize that once you begin this program, your fears will probably tell you to act in a way that feels familiar to you:

I must call him.

I must write him.

If only I could give something to him.

If I could just tell him how I feel.

If I could just get him to talk about how he feels.

If only he could understand me.

If only I could understand him.

All of these thoughts may be valid, but they are oriented toward relating to another woman. Let me be blunt: **THEY WILL NOT WORK ON A MAN.**

There is one woman, in particular, that I had a phone coaching session with and we were reviewing this process. The man in question wasn't interested in her anymore, and we devised a strategy, which included her making sure she stopped writing him daily letters and emails.

At the end of our session after I had dispensed my advice, she said to me, "So, I was thinking about writing him a letter and just telling him how I feel. What do you think?" To be honest, I had to pause for a second because I almost dropped the phone. I don't think she had heard a word I said. See, what she wanted to do was simply repeat what felt familiar to her, not what was going to be most effective, and I replied to her by saying, "I'm sure it would make you feel better if you send him a letter, but it is going to reinforce to him why he doesn't want to be with you, no matter how wonderful your letter is."

As I have said in *The Women Men Adore and Never Want to Leave*, words are for women, not men. Reaching a man's heart is not about using perfect words and having a high volume of them. Reaching a man's heart is primarily about tapping into his pain and making it work on him and for you.

So right now I want you to take a minute and think about what your tendencies are, what your gifts are, what your attributes are, and what it is you know you do well. What is your gift? Are you empathetic, are you kind, are you giving, are you take-charge? Take the time, right now, to make a list of your gifts, and make a promise to yourself that those are going to be the very attributes you are going to keep an eye on in this process. Regardless of how you feel, you are going to be careful not to do what your fears tell you to do, even though it may make perfect sense, even though you may want to do it, even though it would make you feel better short-term. Because there is nothing wrong with being giving or gracious or whatever your gift is. It just may not—and probably won't—be that effective in getting your man back.

### **EXERCISE 1.1**

List what you consider to be 5 of your top qualities. Remember, now is not the time to be modest. Go ahead and list the top things you truly admire about yourself and you think men admire also.

Quality 1

Quality 2

Quality 3

Quality 4

Quality 5

It is possible that as you try to get back together with your ex, you will accidentally be using some of your good qualities that will have the opposite effect at this time.

Which of these qualities can you see, based on what you just read, as potentially being inappropriate when you are trying to get back together with your man?

These are the qualities that I possess that won't help me get back my ex:

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The qualities to focus on right now are:

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Now let's cover another aspect of women. The other attribute I mentioned is that women create beauty. And, one of the ways women create beauty besides decorating a home is by giving. Women give to make other people (especially men) feel better. They create. They like to do things for one another and they like, in general, to have stuff done for them.

It's not uncommon, at all, for a woman to give more than a man does. And, while men, in general, will tell you they like a woman that does this—one that bakes, rubs their back, and does all these things—in the heart of every man, if a woman gives too much, he is going to feel like she is competing with him. If you give more than you receive—and this is a universal law—you will run an emotional deficit. So when a woman asks me, "How much should I be giving to my man?" I say, "Not any more than he is giving to you."

Now I don't mean situation by situation. If it is his birthday, of course, you are going to be giving more than he is giving. There may be times, from one day or the next, that you might out-give him; but if you, as a woman, consistently give more than you are receiving and that's from an emotional viewpoint

as you would measure it, you will feel resentful, and this resentment is not good or bad. Resentment is a natural and logical feeling that everyone experiences when they feel like they have given more than they have received. If you out-give him, you will most likely feel that he owes you something. After all, you have created several wonderful experiences for him and you'd like the same kind of consideration in return.

A recent client said to me, "How could he break up with me? I mean, I clean his apartment, take care of his laundry and babysit his dog. What more could I do for him?" The short answer is she did too much and she inadvertently caused her boyfriend to take her for granted. When we are talking about getting your man back, we want to emphasize the idea that you have value. We want to tap into the very thing that caused him to date you in the first place. He thought you were special, not average. If a woman, gives and gives and gives, she inadvertently is conveying to the man that she is cheap, not cheap as in trashy, but cheap as in K-Mart. There is nothing wrong with going to that store. You, like I, have probably been there a dozen times in the past year. It is the type of place where you can find countless Practical, Average and Uninspiring things. Rarely would the words, Special, Expensive and Wonderful be associated with its merchandise and I certainly don't think that we would shop there for a luxury item.

The items that we have always dreamed of are most often expensive, and that expensive quality is what makes us value them so much. Creating beauty is the same thing as creating value. Most women believe that giving is the primary method toward creating Value, but they are wrong when it comes to men. You are going to help the man of your choice to start seeing you as being more beautiful, more valuable, not as being more accommodating. Save that part for your girlfriends, not for him. Remember the rule of thumb for men is: men only value what they have to work for. What a man works for is what he views as expensive. If you are not willing to run the risk of acting and thinking and becoming and believing that you are expensive, in spite of how you feel, even if that means losing this man, then the odds are almost guaranteed that you won't be able to get him back.

## EXERCISE 1.2

Do you feel as though you gave more than your ex gave? (Circle one)

YES    NO

List the first 5 most powerful things you gave that come to mind when you think of your ex.

I gave when \_\_\_\_\_

Now look at your above list, it is a little exhausting to see how much you gave, isn't it?

In retrospect, do any of the above items fall into the category of giving too much? If so, which ones?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which of the 5 items do you think he might have taken for granted?

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## **Step #2 Taking Care of Yourself for the Next 8 weeks**

There are a couple of reasons to wait to rekindle your relationship. One is because of him and where he's at emotionally. The other is to give you time to do some healing so that he won't see you as desperate, wounded or worse. When you're overwhelmed is the worse time to try and save a relationship. Everyone's feelings are magnified and either you or your ex is quite likely to say something that only makes things worse. What we want is to recreate the conditions that caused him to be attracted to you in the first place.

When he first became attracted to you, whether you realized it or not, in his mind you were valuable, expensive, a woman that he wanted to get closer to. He might have been simply curious about you or intensely passionate, but he thought there was something mysterious about you. That quality is what we have to get back and this is your part.

**For the next 8 weeks I need you to prepare yourself by focusing on these areas:**

### **Exercise Regularly**

Exercise is one of the best ways to improve your mood and make you feel better. More specifically, here is what the Mayo Clinic says regarding exercise and mood,

“Some evidence suggests that exercise raises the levels of certain mood-enhancing neurotransmitters in the brain. Exercise may also boost feel-good endorphins, release muscle tension, help you sleep better, and reduce levels of the stress hormone cortisol. It also increases body temperature, which may have calming

effects. All of these changes in your mind and body can improve such symptoms as sadness, anxiety, irritability, stress, fatigue, anger, self-doubt and hopelessness.” – Source: Mayo Clinic

You don't have to exercise every day, a few times each week will do nicely. As always, since I'm not a medical doctor, please consult one to determine what level is appropriate for you.

Get Plenty of Rest – Most people know that the lack of sleep can cause an increase in agitation and an increase in anxiety and depression. What many women don't know is that one of the benefits of getting enough sleep will help your skin repair itself. We want to take every advantage we have in regards to your ex. I want him to see you at your best, and getting enough sleep is an easy way to make your skin glisten.

### **Eat Healthy**

You've seen the movies and perhaps have done this yourself. You feel bad, which causes you to eat poorly. During this time, it isn't necessary to avoid all sugar and eat perfectly, but what you eat will have an impact on how you feel. Here's a list of things to make certain you eat. Try and include at least one of these items each day.

Protein – Steak, Turkey, Chicken, Beans, Nuts, Milk, Fish, Eggs and Dairy,'

Fruits and Vegetables – The best things you can put in your mouth are in this category. Sweet Potatoes, Apricots, Avocados, Raspberries, Cantaloupe, Broccoli, Salmon.

### **Don't Isolate Yourself – Do Things With Friends**

This one is also a toughie. When you're feeling sad and overwhelmed, some days you might not even feel like getting out of bed. Let's face it – what you are going through right now is tough. Yet what I know about working with individuals who are going through depression, anxiety or any type of overwhelming feelings is that isolating actually makes those feelings more intense. It feels good in the moment to stay by yourself, but your fears begin to become stronger, which in turn is most likely to cause you to do something out of desperation, like call him when you're really emotional.

In addition, if you isolate yourself, you're not going to be ready in a few weeks to get back with your ex. Instead, you'll most likely get more overwhelmed. What happens when you isolate is that it's just you and your feelings. When someone feels overwhelmed, they tend to exaggerate things in their mind. You'll most likely find yourself asking these questions over and over to yourself.

“Maybe he never cared about me?”

“What if he never thinks about me again?”

“I can’t live if I never see him again.

When you are involved with family or friends you will be focused on what you are doing in the moment. Your brain cannot fully focus on two things at once. Giving it experiences will help you pace yourself for the next 8 weeks. A word of caution: don’t expect yourself to feel wonderful when you’re with others. Your goal isn’t to make yourself feel wonderful, rather it is simply to interact with others and remind yourself that there are others who do care about you and this will reinforce the idea that you are loveable.

### EXERCISE 1.3

Follow this checklist for the next 7 days. Each day check under each category that you did manage to achieve during the week.

	Exercise	Eat Healthy	Get Rest	Spend Time with Friends
Day 1	_____	_____	_____	_____
Day 2	_____	_____	_____	_____
Day 3	_____	_____	_____	_____
Day 4	_____	_____	_____	_____
Day 5	_____	_____	_____	_____
Day 6	_____	_____	_____	_____
Day 7	_____	_____	_____	_____

Now at the end of the week, look at your chart. Hopefully, it is very populated with checks as you did follow my guidelines for healthy activities for the 7 days.

How many checks are on your chart? Go ahead and count them. List the number below.

Number of checks \_\_\_\_\_

If your number is 20 or higher, read and answer the next series of questions. If it is lower, skip to the next section.

Congratulations! You practiced a good deal of healthy exercises this past week. Do you feel different at the end of this week than you did the week prior? (Circle one)

YES    NO

How do you feel?

\_\_\_\_\_

Which of the categories did you count the least amount of checks?

\_\_\_\_\_

Is there a reason why you couldn't add as many checks in a certain category?

\_\_\_\_\_

Is there something that is holding you back from achieving more in that category?

---

Is there anything you can do to improve this performance next week in that category?

---

Sometimes the reasons can be out of our control, like a busy work schedule- so certainly don't worry if that is the case. Try to maintain the same habits, or if possible increase them to be even healthier for the next week. Remember to keep the same habits for the next 8 weeks. These habits will help you develop the skill of "reestablishing value" – which is your primary goal before you talk with your ex.

If your number is 13-20, read and answer these questions. If it is lower, skip to the next section.

You did a good job integrating healthy activities this past week. Do you feel different at the end of this week than you did the week prior? (Circle one)

YES    NO

How do you feel?

---

Which of the categories did you count the least amount of checks?

---

Is there a reason why you couldn't add as many checks in a certain category?

---

Is there anything you can do to improve this performance next week?

---

Sometimes the reasons can be out of our control, like a busy work schedule- so certainly don't worry if that is the case. Try to maintain the same habits, or if possible increase them to be even healthier for the next week. While these exercises may seem tedious, it is critical that you work on yourself so that your ex will see you full of confidence. You can't fake feeling good, at least not very well, so it is imperative that when he does see (or talk to) you that you have built up your self esteem prior to that conversation. Remember to keep the same habits for the next 8 weeks.

If your number is under 13, read below:

If you scored less than 13 checks it means you are probably having trouble getting started with more healthy behaviors.

Was there something in particular that kept you from achieving more of my suggestions?

---

If you are finding making these changes too overwhelming, lets just start with one category to begin with, and we can add the others on in the coming weeks.

Which category would you like to begin with? (Circle one)

Exercise

Eating Healthy

Sleep

Spending Time with Friends

Can you think of any changes you can make to achieve more in the category that you chose?

---

Is there some small change you can make today to get started in the right direction?

---

Go ahead and do it right now. If you can just make one or two steps in the right direction, you will very likely see that your number of checks is higher in the coming week in the category you have chosen.

Next week go back and choose another category to focus on. Before you know it, you will have progressed into the 13-20 checks category, which is essential for you to win him back. You want to be able to demonstrate value to him and taking care of yourself will cause you to feel more empowered and confident. Once you do, read the exercises above that apply. Don't lose faith, just because you are getting a slower start adapting healthy behaviors doesn't mean you won't pick up your pace soon.

## **What to do when You're Feeling Overwhelmed**

This is a technique I call Play It Out.

Even when you are following this plan, there are still going to be days when you get scared or overwhelmed.

On those days, do this specifically. Take out some paper and pen and write out your fears.

You may write out,

“I’m afraid I’ll never see him again.”

“I’m afraid he’s already forgotten about me.”

“I’m afraid he never really loved me.”

Now with each fear I want you to follow these steps.

Step #1        Change each statement to “I’m feeling \_\_\_\_\_”

So it would be “I’m feeling scared that I’ll never see him again.”

“I’m feeling scared that he’s already forgotten about me.”

“I’m feeling scared that he never really loved me.”

That little adjustment is very big as far as your brain is concerned. I attended a seminar on brain chemistry a few years ago and the presenter urged every therapist, psychologist and medical doctor in the room to tell our clients that by simply adding the words “feeling” to their statements, that whatever someone was experiencing would be less intense. After years of using this with clients, I can tell you that it does work.

Step #2        Now with each new statement answer this question,

“What do I want to do about this?”

– Then honestly answer the question.

So, “I’m feeling scared that I’ll never see him again.”

“What do I want to do about this?” Answer: I want to call him right now.

Then you say this to yourself, “And then what is most likely to happen next?”

And you keep asking the last question until your fears subside.

So let’s walk this through.

“I’m feeling afraid that I’ll never see him again.”

What do I want to do about this?

“I want to go over to his house and say I’m sorry and will he please take me back.”

Step #3        What is most likely to happen if I do this?

“He’ll see me scared and nervous and say that he’s sorry but that he’s not interested.”

Step #4        Ask yourself this last question

“If Step 3 happens, then how will you feel?”

“I’ll feel horrible and wish I hadn’t gone over to see him.”

In technical terms it’s called – Talking Out Your Fears. Be sure and be honest with yourself. What is most likely to happen next isn’t often the same thing as what you hope will happen. If you’re not sure, ask a close friend to answer that question. They’ll be able to tell you what is most likely to happen next fairly easily.

What this exercise does is allows you to feel your feelings and makes you think out the consequences of acting on fear. It enables you to be in charge because you could just go over to his house, I mean it’s your choice, but you have decided that you want him back. You have a plan that you are going to stick to.

I use this same technique with my clients every week in my private practice. I have found it doesn’t work telling someone how they should feel. What works much better is making it so that each client has a choice. Even if what they are doing is difficult, if it’s their choice, they do so much better.

## EXERCISE 1.4

Let's do a session of Talking out Your Fears, but instead of focusing on you and your ex, we will focus on a fictional person who you don't know. This exercise will get you in the habit of talking out your fears. If you can use this strategy on a stranger's problems, you can more easily apply this exercise to your own life. Keep in mind this story is purely fiction, so whether or not you can relate to it isn't important for the sake of the exercise.

Fictional Story: Katie had been married just 2 months, when her husband Travis started spending less time with her. She began to get suspicious that something she didn't know about what going on. One night Travis left on his computer and Katie read one of his emails. He had been sending a love letter to a woman he was seeing on the side and planning a romantic getaway. Katie confronted Travis and he said that he had fallen for another woman and no longer wanted to be with Katie. Katie wants desperately to get Travis to love her again and is trying to plan how to get him back.

Katie says, "Travis will never love me again."

How should Katie rephrase that statement, using Step #1?

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Let's try another one. Katie says, "I am scared that Travis is happier with his new girlfriend than he was with me."

Rephrase her statement using Step #1:

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OK, so now Katie has changed her statement to “I am feeling scared that Travis is happier with his new girlfriend than he was with me.”

Next, Katie should proceed to Step #2 by asking herself the question, “What Do I Want to Do About this?”:

(What do you think Katie could do?)

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Let’s pretend that Katie says, “ I want to go to this woman’s house since I know her address and confront them both. I know he is staying there with her.”

Katie then does step #3 and asked herself:

What is likely to happen if I do this?

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In response to this question, Katie says, “ He’ll see me and think I’m desperate and he’ll probably get extremely angry at me.”

When Katie then does Step #4 she will ask herself, “How will I feel if the other woman answers the door and gets angry with me?”

Answer how you think she’ll feel. (Fill in your answer below)

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Remember, NEVER try and problem solve when you’re scared or overwhelmed. What happens is that you’ll exaggerate the problem and your anxiety will likely become overwhelming. Next time you feel emotional, try this same “What Do I Want to Do About It” exercise with your own thoughts and feelings.

~ CHAPTER TWO ~

## Three Myths to Clear Up

I know you're ready to begin, but there is still more we need to cover. Once you begin the process, it will be extremely difficult to make a correction if you make a mistake so I am equipping you for this most important task of winning him back. I need to dispel some common myths women often believe caused their breakup to occur. If you believe one of these myths caused your breakup, then you'll inevitably try and fix the wrong problem. Let's quickly dispel them so that you and I can continue with your plan for getting him back. Following are three of the most common myths that women tend to believe when a breakup they didn't want occurs. The reason they embrace these myths is because it keeps them focused on something they feel they have some control over, versus looking at the real problems that are the cause of the breakup.

### **Myth #1: It was something that I said or did (that isn't obvious)...**

This is one of the easiest beliefs to disprove because it tends to exaggerate the proportion of things, assuming it wasn't something like you cheated on him or stole his car. Those things alone could obviously cause a breakup. Many times a woman will go back and replay in her mind, over and over again, how a relationship ended. She will focus on the days that led up to it, maybe even the few weeks before, and certainly the last day or two of the relationship, searching for that one phrase that she said wrong that set him off or that one action that she did that would explain what is causing him to suddenly, out of nowhere,

break up with her.

In reality, what has really happened, unbeknown to her, is there are things that have gently and slowly over time begun to weigh on her boyfriend's heart—things that weren't big in and of themselves, but over time, became harder and harder for him to ignore.

An example of this might be a woman who is consistently late when her boyfriend picks her up. For whatever reason, that's a big deal with him and she doesn't take it seriously. Another example of this might be a woman who interrupts a man consistently in public. Sometimes, it could be fighting that happens over a period of time, and sometimes it might not be anything that a woman is actually doing. It might just be a man's insecurities that he brought into the relationship that she wasn't aware of, and the more wonderful she was, the more unconsciously he feared that this relationship could actually work, so he picked something that she was doing to justify breaking up with her.

Are you hearing how deep this can get, and how time plays a big factor in this, and how rarely it is going to be just a single incident, unless the incident is proportional to what he did? If the woman had an affair on the man, that single incident certainly would justify ending a relationship. If the woman pulled out a gun and shot the man, that single incident would justify him leaving her. But short of something that traumatic and that powerful, rarely is there going to be a single incident. There is more likely going to be a series of incidents, and trying to figure them out on your own is usually something that is going to lead to confusion and loneliness because without the man's feedback and his ability for insight into his own issues, you're not going to totally understand it. What he tells you are the reasons for the breakup might be accurate or they may be only partially true.

Jennifer had been dating Tim for nearly a year when they entered counseling. Somehow Tim had agreed to come, even though he made no promises to reconcile their relationship. As their sessions began, a pattern started to emerge of Tim being annoyed that Jennifer constantly (in Tim's opinion) raised her voice whenever she was upset with him. Now, what Tim considered 'raising her voice' was quite subjective, but in his mind, it had been ongoing throughout the entire relationship and he said he couldn't date Jennifer anymore because of it.

In Jennifer's mind, she was focusing on the last month of their relationship and wasn't able to sleep trying to figure out exactly what she had done wrong that would cause Tim to break up with her. She had become angry with him the same way for months and couldn't understand why NOW it was bothering him

so much. In fairness to her, Tim was probably overly sensitive to her reactions, which, from my observation, weren't really that bad, and because Tim had only mentioned her reactions occasionally, Jennifer really didn't have any idea that he was so unhappy. To make matters worse, she kept trying to EXPLAIN why she reacted in anger to him. Tim hadn't told her that her "constant" reactions to him were what was bothering him and he feared that he would be "stuck" with someone who constantly criticized him if they were to continue dating and eventually marry. Without him telling her this, there was no way to know what was actually causing the strife and Jennifer was trying to fix the wrong thing. All she was doing was making him desire her less because it became a debate of who was right or wrong. She couldn't stop herself from telling him WHY she did what she did and they never reconciled.

In truth, it wasn't any one thing that Jennifer did. It was as much Tim's insecurity as it was anything, and by focusing on what she had done, she couldn't focus on simply repairing the relationship.

So rather than trying to determine exactly what caused the breakup, it is much more effective simply to work on being able to bring him back initially and not get caught up in the whys. You're not trying to be Sherlock Holmes, you're only interested in getting him back, remember? If you believe this myth, then please stop. Dealing with exactly why the breakup occurred isn't necessary until the relationship is reestablished and the man feels safe enough to share and to explore those feelings/reasons.

Trying to figure out why, without your man's cooperation, may make you feel better, but you may end up coming up with a solution that actually doesn't address the real reason why the relationship ended to



begin with.

## EXERCISE 2.1

Do you have reasons that have been running through your head about what you might have done wrong? (Circle one)

YES      NO

If you answered no above, that is excellent. You can move on to the next exercise.

If you answered yes, you might be blaming yourself too much. Now is the time to create a list and then clear all of these reasons from your mind. If need be, feel free to attach additional sheets of paper. Go ahead and write out what you feel you did wrong.

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Now let's break down this list below by examining some of the specifics of what you have just written down. Complete each of the sentences below to replace what you did with something else.

I Blame Myself for...\_\_\_\_\_ and I did this because I didn't know what else to do.

I wish I hadn't \_\_\_\_\_ . In the future I'll know to \_\_\_\_\_ instead.

I can't change the fact that I \_\_\_\_\_. But I can choose to learn from it and not repeat what I did.

Remember letting go of blaming yourself is about admitting that in the moment you probably did what seemed best at the time. Looking back at that event means you can learn from it, but you couldn't possibly have known then what you know now. Any mistakes you might have made are things you can learn from and are necessary to do before attempting to win him back.

## **Myth #2: He just doesn't understand.**

So many times women will feel the need to explain something to a man as though he doesn't understand, and this belief carries over into the idea that if he just understood, he would do things your way or do things the way you think he should. Now I'm not saying that this belief is wrong all the time. If a man is doing something destructive or inappropriate or selfish, it is more than fair for those destructive and improper actions to be pointed out to him, but pointing out something to a man who hasn't asked for your opinion is not only ineffective, it tends to put him on the defensive.

What is needed is a clear understanding of the difference between insight problems and motivation problems. Insight problems mean that someone does not have certain information and, therefore, they are making a mistake or having a problem because they lack something. If children don't know that playing in the street is dangerous, that lack of insight or knowledge could get them killed...so their parents will tell them to stop before they get hurt. If a new employee doesn't know the rules of his workplace and when he

can take breaks and when he is allowed to go on vacation, then without this knowledge, he may go against company policy and get in trouble because he simply didn't know. Insight problems are usually very easy to address and simple to fix—just provide new information.

Motivation problems, however, are difficult, hard to address and require the cooperation of the person with the problem for them to be effective. A motivation problem is simply about whether someone wants to hear what someone is pointing out and wants to address it. An alcoholic is the most obvious example of someone who has a motivation problem, because most of them can tell you, "I have a problem with drinking. I know what it does to my brain. I know how it is killing my family." It is not that they don't know these things, but at certain moments and times, they don't care. Their feelings take precedence over their knowledge.

So if a woman wants to make it a point to help or tell a man why the breakup occurred and point out to him what his contribution was or even what hers was, that insight may be very helpful. But if the man is not motivated to hear it or isn't interested, the more information she supplies, the more upset he is going to get and the more distance he is going to want to create. Motivation problems are primarily solved when focusing on timing. Perfect timing is simply telling someone what you want to say at the precise moment when they are ready to hear it. When most women get stuck on supplying new information, they often pay no attention to the timing of when the man wants to hear it and they wonder why they end up driving him further away, even when the content they are sharing is pretty good.

I can almost guarantee you have a Motivation Problem with your ex rather than an insight problem. If you address his motivation, you'll get your chance to discuss any insight shortcomings he might have...I guarantee it. You want to be able to create an environment and a time when your ex can hear you, so that then you can give him the proper insights.

If you find yourself fearful, wanting to explain, your rule of thumb is: if you get any resistance, you

are to stop trying to explain because that means at that moment he is not willing or wanting to hear you.

## EXERCISE 2.2

If applicable, have you felt resistance from your ex when you try to explain to him information concerning your break-up? (Circle one)

YES NO

If you circled yes above, remember most likely this resistance is a result of a Motivation Problem on his part.

Can you recall a time in your own life when you had a motivation problem? If so, list it below:

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If you are having trouble thinking of a motivation problem in your own life, let me offer a bit of help. Below I have listed a few possible situations that involve motivation, answer yes or no as to whether you have ever experienced these situations in your own life. Everyone has had a motivation problem at some point or another, so if you think hard enough you most likely can come up with something.

Has someone ever asked you to loan them some money but you thought there was a chance they wouldn't repay you? (Circle one)

YES NO

Have you ever felt like you really should to go see someone who was sick in the hospital but not wanted to go? (Circle one)

YES NO

Have you ever had a friend ask you to do them big favor and simply didn't feel comfortable doing what they asked? (Circle one)

YES NO

Once you have figured out a time in your own life that you have had a Motivation Problem, you can in some way relate to how your ex is feeling at the moment. Your ex may feel in a way just like you did in these examples above. If you have experienced a motivation problem yourself, you can understand how you in these cases you did understand why you should help your friend, lend someone money, or go to see a sick relative, but you simply weren't motivated.

### **Myth #3: Because I feel so strongly about him, he must be good for me.**

This myth comes about because women tend to confuse intensity with truth. It can come about for a lot of reasons. It may have to do with a woman's childhood, that it was difficult growing up. It may be from previous relationships that were hard or lonely, and this develops, because if a woman did not have the nurture and protection and the safety growing up that she needed, what happens with her—and with men too—is that she tends to interpret things based on what makes sense for her. The easiest thing to interpret is that what feels good must be good, and what feels bad must be bad. Now on the surface, this makes a lot of sense until you start to apply that to specific things. What feels good can sometimes be eating fatty foods, lots of chocolate, calorie-rich food, but we know that eating lots of those foods is actually bad for you even though it feels good in the moment.

By the same token, having a healthy self-discipline of going to bed on time and getting up on time may not feel good, especially if you are a night owl, but we know that it is good for you over the long haul, but in the immediate sense, that feeling is not fun at all. It doesn't feel good, but it produces something that is wonderful.

So when women say, "We had such a connection...there was something about him," there is no doubt about what they are feeling. It is not that their feelings are wrong. It's that their feelings are intense

and if you, the reader, want to be able to distinguish between what is true versus simply what is intense, then you need to take a look at the pattern of all your relationships. If you have a history of dating men that are unattainable, that may be exciting, wealthy, alcoholic, not willing to commit, or whatever the trait is, your pattern is much more of an indicator of your tendency to trust your intense feelings and ignore certain warning signs. Intensity is about having certain chemicals in your system, one of them being adrenaline. And when things are intense, you tend to exaggerate the good and you tend to minimize the bad.

If you are someone who tends to ignore rude behavior in your partner then this simple exercise will help determine whether this person you want back is good for you. Remember a time when your ex treated you poorly. Perhaps it was with harsh words or simply ignoring you when you spoke to him. Something that wasn't horrible like being beaten, but you didn't like it and you chose to overlook it.

Now go to your dearest friend, or it could be a relative, someone that you care about very deeply. If you were to do or say the exact thing to this dear person that was done to you, how would they react? I assume they would be insulted or hurt. If you wouldn't treat this dear person that way, but you would tolerate this behavior being done to you, then you probably are a bit of an intensity junkie. When he is bad it stinks BUT when he is good....well.....he is so good that you forget about his poor behavior.

Now just for a second, don't take any time to go into your head and explain why he did it. If you have to justify the reasons for what he has done, that's the first bad sign right there. Of course, there's a reason for why he did it, and if you have the habit of being able to explain away bad behavior, then you might want to reconsider trying to get this person back in your life.

If you're still not sure, then go find someone (a man) that is safe and ask him if you can perform the same experiment on him as you did with your friend. Just make sure it's a man who isn't easily offended. Most men will gladly agree to this. Now, do to him the exact rude behavior that your ex did to you, if that is possible, and then watch his reaction. I bet what you will see is a look of shock, even though it's just an experiment. I can tell you that if you want to be with this type of man, you will have to be the anchor of the relationship. This type of man is exciting and moody. You will need to be the stable and steady one in the relationship. Feeling intense about someone does not make them safe, it makes you blind to who they are. If you are operating under the myth that this was a good person for you, simply because it felt good (intense, has an excellent CONNECTION, etc.), and you are ignoring all the warning signs, then you must be prepared that some of the things I will teach you to get him back will need to be maintained even after

your relationship is rekindled. Simply getting him alone will not make him safe and steady. Now I can leave it at this and say, “Don’t pay attention to these myths because they are bad,” but I have found that saying that alone doesn’t help women without more explanation.

### EXERCISE 2.3

The exercise I suggested in the Myth #3 section isn’t just food for thought. You really do need to try this exercise to understand it thoroughly.

Think of a time that your ex treated you poorly. Write exactly what this treatment was below. If you can think of multiple items of when he wronged you, just choose whatever you think was the worst.

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Name a male friend or relative that you will ask to help you with this exercise.

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Now the next time you see your male friend simply ask if you can try a brief exercise with him that is part of a relationship oriented program you are involved with. Do not be afraid or ashamed to ask for help. Everyone at some time or another needs help with understanding relationships and your male friend will most likely respect you for the fact that you are so proactive in trying to learn to be more successful in relationships.

Once your friend says yes he will help you, what exactly will you do to represent or mimic the behavior that your ex displayed?

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Once you have finished the exercise, write a few lines below about how your friend reacted to this sort of treatment.

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Was this reaction different than you expected? If so, how?

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### **Result Oriented vs. Process Oriented**

The reason so many women believe these myths is a basic lack of understanding of the difference between men and women when it comes to how they go about obtaining results. There are two primary styles and they differ between the sexes. The first style is being result-oriented, which is where you will do whatever it takes to achieve a certain result and hope the process doesn't kill you. You are not as concerned with how you get there or the difficulty of obtaining what you want so long as you obtain the results you want.

Process-oriented is where you behave and act how you want to and just hope you get the results you want. For most women this means doing what is familiar to them and assuming it will work on a man — like calling him and begging him to come back. That process may work on a woman, but it only makes men want to pull farther away from you.

Now, neither method is better than the other but they represent two entirely different ways of

obtaining a goal. The biggest problem occurs when someone over-emphasizes their preferred style and neglects the other. Teenagers often do this by focusing on being process-oriented when it comes to their chores, their tasks. They will say things like, “I tried,” or “I spent time doing my homework,” even though they never completed their homework. They will emphasize that they actually did do something in the process, and left to themselves, the task will eventually get done. They are not really concerned with the final results being obtained in a timely fashion, or at all. They weren’t really motivated to do whatever it took to obtain the results they needed (like making good grades in school or cleaning their room). Getting good grades takes work and sometimes they simply don’t want to work that hard for the results they desire. This is how a process-oriented person justifies things when their circumstances don’t work out. They frequently say to themselves or others, “Well, I tried.”

Now being result-oriented usually means you are pursuing something that has a lot of passion for you and you are willing to do whatever it takes to get there. Result-oriented people get in trouble when they don’t pay attention to the process and either take shortcuts toward their goals or, worse, act with indifference toward other people’s feelings who might object to their methodology. They don’t mind the process being unpleasant, as long as they know they will get what they want. What is different between men and women in relationships is that women are result-oriented when it comes to having a relationship and men are predominately result-oriented when it comes to sex. Both men and women want to get to the point of intimacy just as bad as the other, but men view intimacy as simply SEX and women describe intimacy as THE RELATIONSHIP which leads to sex. It’s not that men aren’t motivated by a commitment and that women have no interest in sex—what we’re talking about is primarily. Most men will do almost anything for sex. Conversely, women in general will do almost anything to obtain a commitment from a man; and when women forget that most men will say almost anything to get sex, they often misinterpret their man’s longing for sex as a sign of a deep commitment which causes their relationship to begin with a poor foundation.

When a woman gives a man his primary goal of sex before she has received her primary need of commitment, she has trained him that she is easy, whether she meant to or not. Then, when she begins to expect him to meet her primary need of a commitment in return, many men don’t feel any obligation to meet that primary need, which causes a lot of women to fall back on the myths that I have mentioned earlier as to why a relationship ended.

It is critical that you have a clear understanding of this concept. Men do better statistically in marriage

than they do when they are single. Their health improves. They tend to make more money. They are overall happier. Men need commitments. They are good for them, even though many men have a tendency to view them as restricting and overbearing, and sometimes even feel caged in. Insisting on a commitment from a man is not selfish, it's not demeaning; in fact, it is one of the best things you can do for him whether he thinks it is a good idea or not.

So if you go back and look at your relationship and notice that you granted him his greatest desire and put yours off until later, then you have inadvertently trained him that you are a man and he will expect you to have the same motivations that other men do. He will assume that sex is your primary goal and that commitment is something that may or may not happen, but certainly isn't important enough to withhold sex until it happens.



## ~ CHAPTER THREE ~

# Why He Left

**N**ow that we have discussed the myths, let's go over the reasons why a man usually ends up leaving a woman in a relationship for seemingly insignificant reasons or for no reason at all. These are by no means the only reasons, but they are the most prominent.

### **Reason #1: You were too Helpful and Accommodating.**

Being too helpful means that you probably gave him too much advice or you did too many favors for him. In other words, you came across as being too easy, in such a way that your feelings didn't matter as much as his. And while that is nice in an accommodating sort of sense, it does not come across as very valuable. When a woman does have a quality like this—one that a man views as negative—he often feels that she is desperate and not at all valuable. Remember, men deal with stress by minimizing. Women deal with stress by empathizing. Men in sports, when they are injured, will often look at the other one and say, “Aw, you're fine. It's not that big a deal...” the emphasis being that the other man is tough and strong enough to overcome any pain or difficulty. In the world of men, this is the highest compliment you can give to another man. If a man says that to a woman, “Aw, you're fine...” well, it comes across as being insensitive when the man is actually trying to pay them a compliment. When a woman is overly accommodating, it reeks of low self-esteem to a man because she is often trying too hard to please him. Men just don't value a woman who gives and gives and gives without making him work for anything.

I can see the look on your face as you might say to me, “What is he talking about? All the men I've ever known want nothing but a woman who gives them everything.” Well, they may want it, but not over the long haul. When a man is with a woman who is too accommodating, too nice and too helpful, it has the same

affect as putting too much sugar into a recipe of cookies. If you've done this, you know that the cookies aren't sweeter—they come out ruined. There really is such a thing as too much of a good thing. There's nothing wrong with this quality, but if you gave to your man more than he gave to you, it is quite possible that this is why he broke up with you. You were too EASY.

## **Reason #2: You were too Needy.**

This occurs when a woman relies on a man for emotional nurturing, for empathy, for compassion, and she expects and hopes that he will provide a sense of comfort for her that he doesn't feel like he is capable of providing. To men, it makes them feel as though they are the woman's Daddy. If one has a boyfriend or a husband who is the John Wayne type, who is not very emotional and doesn't share a lot of feelings, most of the time, women know this type of man is not going to be the most nurturing or empathetic. This type of man usually doesn't leave a relationship because the woman is too needy, because most women are not needy with a guy like this. This type of man simply won't put up with a woman acting helpless like a little girl.

No, the men that leave a relationship because a woman is too needy are usually the men that are fairly empathetic and fairly compassionate. They are very good at emoting empathy and understanding and inadvertently give their girlfriend or wife the impression that they are as empathetic and as in touch with their feelings as much as a girlfriend would be. Over time, they simply get tired of having to constantly reassure her of their love. In fairness to the woman, after a while of having a man show such empathy and attentiveness, it is pretty easy to assume that she is able to rely on him like she would a girlfriend. Once the man reaches his threshold of giving, he gets overwhelmed and the woman really has no idea what she has done wrong because it was going well for so long. In fact, a week before the breakup, he might very well have told her that he loved her and cared about her and, suddenly, he seems to have cold feet.

If that is what has happened to you, you were, most likely, dealing with a man who actually is fairly sensitive and doesn't know how to use those feelings. He most often avoids conflict and only addresses something that really bothers him when he has accumulated much resentment. It really is hard to see it coming. When he is on, he can be incredibly charming and wonderful, but the problem is, when he is off, his feelings can work against him.

### **Reason #3: You were too Strong or Rigid.**

A lot of professional women that I have talked with have developed the strength to be able to compete in the workplace. They can argue very well; they can hold their own. Not just through work, but even during their upbringing, they have learned how to be competitive. It doesn't mean that they can't be pretty. It doesn't mean that they can't be sexy. It doesn't mean that they can't be soft. But they have learned through a variety of circumstances how to go toe-to-toe with a man. The problem with this one is that when a man encounters a woman like this, they oftentimes come across as. . .well, it's probably better if I show you. Here is an example of a woman who emailed me to take issue with me and my suggestions in my book, *The Women Men Adore and Never Want to Leave*.

I ordered your book before coming to the conclusion that as a very attractive woman (I have ALL the feminine attributes that our culture associates with beauty, both facially and physically—I'm hot and there's no doubt about it.), with a high-paying job, a master's degree and a professional degree, and the ability to whip up a gourmet meal in about an hour (though I don't GIVE of my talents in this area like a doormat, don't get me wrong, I already know the rules about giving too soon) impeccable taste in clothing and decor, you name it and I've got it going on....I'm not going to find anyone because NONE of those things matter. I'm continually reduced to what I consider to be the least important form of currency that I possess (and believe me, it ain't all that bad—I know my way around a pe\*\*\* sweetheart.), and incidentally the only form of currency women in the FIFTIES had, namely, sex. And it's because I sleep with a man, that he thinks there isn't anything else I've got to offer (even on the 3rd or the 4th date, mind you, after lots of GOOD interaction, fun...everything going very WELL and romantic, these aren't crappy dates! Men compliment me, we laugh together, go to fun places, and really "connect" by all indications.), and furthermore, they are ALL that way, and if they aren't that way, they have other issues that you don't even want to go into, deep psychological problems with trust, etc. I've been dating and dating and dating until I'm blue in the face and it's been fun every time... until they reveal that they aren't really being honest about what they want. They don't like women, most of them absolutely don't like or respect women and they learned it from their parents who, incidentally, divorced almost ALL the time. It's more of a socio-economic issue with the men of my generation (I'm 34). They hate their mothers or they were smothered by their mothers. Their fathers left them or stayed and beat the sh\*\* out of their mothers, or

didn't and cheated instead. This is the history of many, many men and they aren't very good at overcoming it. I like men. I need one, want one, am ready for one. So no, it isn't up to your book to fix all the men in the world between the ages of 30 and 40 who are currently walking the earth claiming to want what they absolutely aren't capable of handling. Men my age are scared, very very scared...of WHAT we don't know, because they won't TELL anyone...and we don't ask, because after all, who the he\*\* cares anymore? I'm a body part anyways, not a potential partner. The only way I could be a potential partner is if I pretend that I don't know what sex is for oh, 30-90 days into a relationship...he doesn't have to pretend, in fact, most men consider it their job to try to get you to give it up. THIS IS THE ONLY FORM OF POWER LEFT TO THEM over women in our society I suppose...and they turn it around on you as fast as they can—it's boring the he\*\* out of most of us, and it's so predictable you may as well go out and have one-night stands that start and end that way without the games men play. YES, that the men play! These men are ill, not dating material or husband material! These are men that would pretend everything is fine when your roof is falling in....until they decide to run away. Isn't THAT what these men have been taught from childhood—fathers who were either irresponsible or harsh, mothers who reinforced these pathetic values and ideas about women? Something awfully wrong here. Not my problem. But if you really want to know about how things are out here for professional attractive successful women, THAT's what is going on, these guys are IDIOTS!

Write a book for the men...we women out here are just as fine as we can be and even though it looks like they reject us, it is ultimately THEIR issue that causes that. I'm sorry but no book for me can change this. Society has got to start telling men that they don't need to act this way, it's hurting them, not us. We are doing just fine except for the love part, and these men.... they can't love. They don't know what love is outside of what they learned in dysfunctional families. Even the well-educated and successful men—they are the same way. I hear the same thing over and over from other attractive and successful women ...I'm not the only one experiencing this phenomenon! I'm not going to read some book now to help me arrange myself around that. F\*\*\* them, to be blunt. They need a book called, "It's time you were into her...cause you ain't all that and neither was your daddy and you're going to get old quicker than you think." LOL.

As you can tell from the e-mail, it seems that this woman is bitter. She does make some valid points, but I wonder if somehow she has been injured and she doesn't know it. Apparently, when in doubt, she becomes aggressive. When in doubt, she seems argumentative and she thinks the solution is about being more perfect

and less vulnerable. While she does have some valid claims that many men are insecure and many men are not able to make a commitment, her rigidity keeps her from seeing how she contributes to this very problem by attracting men, who will never be able to commit, into her life. Her rigidity keeps her safe . . . and it also keeps her alone . . . because no man wants to be with a woman who is tougher and rougher than they are.

Those are the three main areas that cause a man to leave that has to do with things that a woman would do. There are probably a hundred different actual reasons, but you will find that these are the three predominant ones. Next, let's take a look at what is going on with a man if there is nothing a woman has done wrong.

### **What About The Woman Who Does Nothing Wrong?**

Yes, it is possible for a woman to do everything perfectly and still have a man break up with her. In fact, it probably happens more than folks realize. The reason usually stems from some unresolved issue that the man has—sometimes he is aware of it, and sometimes he is not. One of the easiest ways to determine if a man has unresolved issues is to look at his dating history; or if he has been married before, how his previous marriage went; or if he has been married multiple times. The rule in relationships is that patterns never lie. While we might not be able to perfectly interpret what someone's pattern is, when you look over the course of three to four to five to ten years, certain tendencies, certain ways of relating in relationships, begin to emerge.

Some men may be prone to marrying women who are older than they are, because they want to be taken care of. Some men always seem to be drawn to women who are nags or who are bitter, because they have some unresolved issue with their mom. Since they couldn't "fix" their mother, they end up trying to "fix" this woman, hoping that in the process it will repair their broken heart from how their mother treated them. Some men grew up in an abusive home and saw their father abuse their mother and they feel the need to protect women, so they pick women who are codependent and who seem to have a crisis every week. Sometimes, though, it's not so easy to identify patterns. Let's go over three aspects or areas that cause men to initiate a breakup.

## **#1 – The man is sincere, but he is simply insecure.**

As I just alluded to past issues, this is going to be the man that may or may not have some awareness of his patterns. Because he is sincere, he is able to share his past injuries and past hurts with the woman, but he fails to grasp the depths of how they are still haunting him. He may be able to say to her in all candor, “You know I have trouble committing,” and mean it from the bottom of his heart. And because he is able to verbalize this, many women would mistakenly think that he has a grasp on his inability to commit to a woman and that it does not control or influence him anymore. This type of man, the sincere but insecure man, fools himself, and, inadvertently, fools the woman of his choice. He can be tender and kind and compassionate, yet, deep in his heart, he fears that any relationship he gets into is not going to work out because he doesn’t think that any woman who gets to know him is actually going to care about him once she gets inside of his heart.

With this type of man, while they have issues, it’s not that hard for them to be resolved. Of all the types of injured men, this category actually offers us the most hope in being able to resolve the issues. While his injuries may be deep, because he has some awareness, he is going to be more open to the realization that he might be sabotaging the relationship.

## **#2 – The man who is simply cautious and conservative.**

This type of man may or may not have deep issues, but they are usually more steady, more measured in their approach. They are more likely to end the relationship because the woman is putting pressure on them to speed the relationship up. All of the signs may be there that the relationship is a good one, but because it is not proceeding quickly enough for the woman, the pressure of her wanting to constantly talk about how he feels simply overwhelms him. He is stable and, in general, he hates making mistakes. This type man also tends to be extremely loyal, and because he is loyal, he knows that once he commits to a woman, it is absolutely for life. It would take something devastating for him to break that commitment to her because he realizes he has given her his heart. The rule of thumb, as with all men, but especially when dating this type of man is: as long as the relationship is progressing forward in three-month increments, it is wise not to pressure him. The best way to evaluate a relationship with this type of man is every three months, ask yourself: Is he telling you a little bit more about himself? Is he closer to making a commitment? While you might not think he is progressing forward, you will definitely know if he is going backwards. If he is not going backwards, then it is wise for a woman to let him go at his pace, if she wants to have him for their rest of her life.

This kind of man is one of the most dangerous ones when they break up because of their patience. They are often long-suffering with a woman and usually don't tell her when things are bothering them. They value a relationship and frequently avoid conflict. By the time they end a relationship with a woman, they are emotionally DONE. They are, oftentimes, the hardest ones to win back. It is possible, but it takes more time with them and requires the utmost in PATIENCE.

### **#3 – The man who has a hatred of women. (The Bad Boy)**

This type of man can be charming, seductive, and flattering, with the ability to seemingly be able to look inside a woman's soul and tell her exactly what she is feeling and look into her mind and share with her exactly what she is thinking. He usually has a take-me-or-leave-me attitude, which gives the impression of extreme self-confidence. But that is only a facade because deep in his soul, this man has a fear of women. If you look back into his past, you will usually either find an overly involved mother or, at some point, a relationship involving a woman or women where he felt at the mercy of their feelings. There probably was not a father figure around to show him how a man should deal with feelings, or his father was simply emotionally distant in the family and, since he was closer to women, yet didn't have the emotional makeup to be a woman, he simply learned how to relate well to women. Even though he has learned how to charm a woman, there is a deep fear that any woman that gets close to him will dominate him. It is wonderful for a son to have a mother's love, but without a father to help balance a mother, the mother naturally does what women do, become emotionally close to those she loves. Young boys need this but they also need to be affirmed in their masculine strength, which quite frankly, mothers don't know how to do. I see this all the time with single mothers who are great at being mothers, but don't know how to be a father to their teenage sons. In fairness, how could they?

Because of this fear of being dominated by women, he will never allow a woman to have control over his feelings and he knows the primary means of accomplishing this is to be charming and disarming, and wonderful and sweet. By being this way, he remains in charge. What is so difficult about being in a relationship with this man is that, like an alcoholic, when he is being charming, he really is being sincere. In that moment, he really does love her. He really does care for her. He really does think she is wonderful. The downside is that when he feels trapped in the relationship (perhaps the next day) he really does mean it. In that moment, he really does want to break up and can't wait to have "his freedom" back.

A sure telltale sign that identifies this type of man is how quickly he arrives at those decisions. Some people call this being impulsive. I had a client that spotted a man like this when she met him on an on-line dating site. They met for lunch, and during the course of that lunch, their conversation was going wonderfully, and an hour-and-a-half into it, he told her, “You are absolutely wonderful. You are the kindest person I have ever known.” What woman wouldn’t like to hear those words? And in that moment, it truly seemed as though she had found someone wonderful who seemed to think she was oh-so-special. But something didn’t seem right. It seemed too easy, especially after just meeting him; so she paused and thought to herself, “He’s only known me for an hour and a half. How could he possibly know that?” She was right and three dates later when she didn’t leave work early to meet him for an impromptu dinner date, he became upset with her on the phone. No matter how much she tried to reassure him that she wanted to see him but it was impossible to leave work early that day, he wouldn’t listen to her. She never heard from him again. He simply disappeared. The movies and certain literature point to the wonderful euphoria of someone being able to read our minds and seemingly understanding us at first glance, and this type of man plays off that desire.

You are about to read a plan on how to get your man back. If you follow through with this plan, and he is someone that is dangerous for you, someone who would not cherish your heart, then this plan will reveal these destructive qualities. And I would rather you find out now, rather than get back together with him, and maybe even marry him, and find out a year or two later. For the longer you wait to find out, the harsher the pain is, and the worse the consequences are.

## EXERCISE 3.1

Of the three main reasons that I outlined below, have you ever fallen into any of these categories? Circle below which category your partner might describe you in this relationship, if any. He'd most likely say I was.....

Too strong or rigid

Sometimes too Needy

Often too Helpful or Accommodating

What are 3 things that you have done in the past that shows you that you have fallen into this category (or categories)?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Do you think that you have the ability to change that behavior when you are back with your ex? (Circle one)

YES    NO

Take a look at the three things you listed above and modify them into a new way you will act differently in the future:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

What about your ex, does he fall into any of the categories I outlined above? Circle below if the behavior I described fits your ex. Feel free to even circle more than one out of the three choices if necessary.

### The Bad Boy

The Man who is Cautious and Conservative

The Man Who Is Sincere, But Insecure

If you did circle any of the above choices, what are 3 things that he has done in the past that shows you that he falls into this category (or categories)?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Do those items make you doubt whether you can be in a healthy relationship with him? (Circle one)

YES    NO

~ CHAPTER FOUR ~

## Here's Our Plan

*A*s you can see, there are many variables as to WHY your relationship ended. If you want to spend your energy on that, then realize that you are wasting precious time. Do you want to be right or do you want to get him back? The only reason I pointed out the different types/styles of men who break up with women is so that once you get him back you can prevent the same mistakes from happening again! So at this point, it really doesn't matter why it happened because it's

Our plan for you will seem simple as I describe it. Once you begin implementation, it may seem hard to maintain, but if you succeed, it is virtually guaranteed to soften your ex's heart enough to move toward you. Rather than trying to control every situation (there could be literally 1000 different scenarios), it will be much easier to stay focused on just a few things that are effective. What I have seen time and time again that causes the most difficulty for a woman wanting to get her man back is the need to "understand."

"If I could just understand why he did this, I could fix it; if I could just do that."

"I need to know exactly what he's thinking right now."

"Is he thinking about me?"

"Perhaps I'll just drive by his house to see if he's alone."

All of these statements come from a woman feeling out of control and wanting MORE information and if she gives into these feelings, her insecurities will take control of her, making her feel more out of control. No, trying to understand this process before you have completed it will only cause you to act desperate. The solution to dealing with a man is far simpler than women want to make it out to be. In fact, in nearly every instance when you want to change an outcome or influence a person, rarely is it necessary to master every aspect of the problem; you simply must control a few key variables.

Malcolm Gladwell talks about this in his excellent book called Tipping Point. One of the examples he gives has to do with New York City. In the 80's, if you remember, New York City, by everyone's account, was dirty, had a high crime rate, and was in need of some drastic changes. The governmental agencies at the time decided to go with a tipping point approach. They determined that rather than trying to control all the variables, such as cutting the murder rate down, cutting crime down as a whole, and cleaning up the city, they would focus primarily on two: Number one, they would repaint the subway cars every time they were painted with graffiti. The juveniles or delinquents would spray graffiti; that same night, the cars coming in from their run would be repainted with a fresh coat of white paint. Secondly, every time someone jumped a toll on the subway, they would be given a ticket. With just those two controls, in time, the murder rates began to decline. Crime in general began to decrease. The police officers then started giving tickets more frequently for jaywalking and other seemingly innocent crimes. And soon, shop owners began to put tables out on the sidewalk for folks to have lunch in front of the stores, and New York City, in a matter of years, became a wonderful, thriving place to live and to visit.

Notice how all they did was control a few variables to get the outcome that they desired, because what they realized, from the criminal standpoint, was that if the city wouldn't enforce the law of folks violating toll payments on the subway, criminals assumed that worse crimes would also be allowed. If there was an abandoned house, and someone came by and broke a window and it was left that way, folks would begin to go by and knock out other windows, or paint on it. But if the owner was required to fix that window right away, folks were less likely to vandalize that house than they were to vandalize a house that looked like it was decrepit or in ruin.

This theory also works with Men! You simply need to know a few things you must do in order to get the attention of your ex. You only need to know which few variables will cause him to want to be with you again. If you try to control every variable, it becomes too overwhelming and you actually have less success. So, to begin with, the primary variable that you are going to try to influence and shape his opinion on has to do with you. From this point forward, we are going to begin creating the idea that you are valuable. Now you are ready, let us begin.

## Know Your Non-Negotiables

The first part of our plan has to do with taking an inventory of what it is that is in your heart. Before he comes back into your life, we need to make sure that a rekindled relationship will actually work, so that you don't have to go through this again. I'm certain you think you know what is good for you. You may think you have a clear idea as to the type man that you really want. In this exercise, I will help you find out for certain, before we draw this particular man back into your life. I want you to take a few minutes, now, and write down 10 things that you feel are very important for you to have in a potential partner. It might look like this:

- 1) Handsome
- 2) Kind
- 3) Makes good money
- 4) Has his own home (doesn't live with parents)
- 5) Tall
- 6) Blue Eyes...

and so on....

Think about your ex, previous relationships, a movie character you've seen, your parents—whatever resources you want to use, but take the time now to come up with a list of 10 things that you want in a partner. In considering these 10 things, you might be able to naturally combine some of them. Don't worry about seeming superficial. It would be better at this stage to put down what you REALLY want instead of what you think sounds good. It's your heart that's writing this list and you aren't going to fool it. If you say you want someone who is smart, very intelligent, and very clever, it's also okay to combine those three things into one.

By the same token, there are some obvious things that you might not need to put on your list. You don't need to add to your list that you want someone that isn't in jail all the time— that's a given. It should also go without saying that you don't want to be with a man that beats you, unless you had a history of that

in your past relationships. From this list of 10 things, you are creating your dream without any reservations. Sort of a wish list, so put 10 things on there that are somewhat unique to you rather than what you “should” want. And it doesn’t matter whether or not you can fully explain them to anyone else, as long as you understand them. When I was single, one of the things I knew that I needed was someone who was smart. It was a given that I wanted someone pretty, and that was easy for me to define, but the word smart meant something different for me than it might mean for someone else. As a counselor and a coach, I needed someone that I felt was on the same intellectual level as myself in relation to human interaction. It would have been painful for me to have these wonderful insights with clients and then go home to a wife who didn’t understand psychological things at all. That’s what the word smart meant to me. As you come up with these 10 things, as long as you understand what each of these 10 things mean, it is okay if other people don’t. So right now, put this book down. Take as long as you need to write down 10 things that you want in a future partner or future husband, and once you are done, pick the book back up and we will talk about what to do with this list.

Now that you’re done with this list of 10, or if you had trouble and only came up with nine or came up with 12—that’s okay—because now we’re going to narrow it down to your top three. And while this may be hard, it’s critical that you are able to identify these, because these top two or three things are your REAL non-negotiables. These top two or three things are things that either you absolutely have to have or they might be things that you absolutely can’t live without. If you say you have six or seven, then one problem is you have too many things and you’re being too picky, which means it’s going to be hard for you to be in a long-term relationship. If you can’t whittle it down to two or three things, then you have set your standards so high that the likelihood is that you will keep going from man to man, always wondering why it doesn’t work out. You’re so afraid of picking the wrong man that you will make it impossible for ANY man to live up to your expectations.

Now remember with these two or three things, if they’re important to you, then that’s good enough. I had one client that I did this exercise with, and one of the things that she selected in the top two or three was that the man she wanted to be with had to be tall. She is 5’10” and she said to me, “I know I sound superficial, but I feel like an Amazon woman whenever I am with someone shorter than me,” to which I said, “Is that what’s in your heart?” and she said, “I think so, no, actually it is,” and I said, “Put it down then.”

Now put the book down again and take the time, as long as it takes, to circle your top two or three.

And remember, it's not what you think they should be. Think back over your dating history and notice what the men you have dated have in common. See if there was something that some of the boyfriends had which you found adorable or irresistible.

One client did her list and insisted she wanted a man with a strong personality, yet, when we reviewed her dating history, she always fought with her boyfriends who were decisive and strong. She said she found them to be controlling. In reality, even though she had tried and tried to fall in love with a strong man, her history was telling her that what she really desired (deep in her heart) was a man who was patient and kind. The more honest you are with yourself, the better results you are going to get. It doesn't mean you wouldn't like the others...it doesn't mean there won't be those that are close...but circle your top two or three. And once you have done that, pick the book back up again.

Was it hard to come up with two or three? If you did it correctly, it probably was hard. And since you've done it, you have now taken all the guesswork out of whether a man is good for you or not. The rule for your non-negotiables is that as long as the man does not violate your non-negotiables, which are those two or three qualities, then you are free to allow him to pursue you, or in the case of a breakup, to try and get him to come back to you. When a woman is loyal to her non-negotiables, it enables her to be very patient with her man in other areas. In laymen's terms, when you get what you really want, you don't mind your boyfriend or husband acting stupid, silly or strange at times.

Imagine a woman who focuses on her career and puts off having a family until she is in her 40's. Suddenly she wakes up one day and is tired of being alone and dating and wants to share her wealth with someone who is young and energetic. While there are many men her age who are energetic, she dares to pursue what she wants—a younger man—even though she may be teased (“robbing the cradle...are you having a midlife crisis?”). When she marries a man in his 20's, she is elated. She really wanted someone younger and even though he isn't as worldly and sophisticated, it doesn't matter because she got the young man she REALLY wanted.

The woman I mentioned, whose non-negotiables included the man being tall, was able to be patient and set limits and still love her husband, even though he had a temper at times. It wasn't because I or her friends told her that she needed to be patient, rather, she was able to set limits with him when he would get upset. It didn't bother her or scare her when her husband would mumble or grumble or sometimes raise his voice because she got what she REALLY wanted. She got someone who was tall, in addition to her other

two non-negotiables; and because of that, she could be a little more flexible with everything else and this is exactly how a woman ends up being flexible. She gets the two or three non-negotiables that she has always wanted, which naturally makes her sweet and kind and patient and understanding with all the rest of her man's characteristics, and even with his faults.

Take this list that you have created and compare it to the man you want to win back. Does he violate any of your non-negotiables? Of those two or three must-haves, does he meet all of them or does he fall short? If he violates any of your non-negotiables, then my experience would tell you that even if you are able to get him back, you are either going to have to:

- 1) Change who you are for the rest of your life, or
- 2) End up trying to change him for the rest of his life, trying to make him into what you need.

Please don't even consider either one of these as an option. I'm trying to save you from another horrible breakup or, worse, a divorce. I am going to assume that he doesn't violate any of your non-negotiables, but if he does, it would be better to move on rather than waste six months or another year of your life. The other alternative is that perhaps what you chose as a non-negotiable isn't really a non-negotiable and that is for you to decide. This is the model we will use over the next few weeks, when you start to wonder if he is for you or not, when times might get tough and doubts creep in. If he doesn't violate a non-negotiable, then you haven't picked the wrong person. It is never the wrong person until they violate a non-negotiable.

## EXERCISE 4.1

List the top 2-3 essential traits you identified in the exercise above:

1.

2.

3.

When you were narrowing your top 10 list down to your top 3, how did you make that decision?

Circle one of the below choices.

It was a gut instinct

I have thought about this question before

I used this as reasoning: \_\_\_\_\_

Does your ex satisfy all 3 non-negotiable criteria above? (Circle one)

YES NO

If you answered no above, if he doesn't satisfy these criteria that you have indicated are deeply important and non-negotiable to you, do you have an idea why you still want to be with him?

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Remember, deciding you are going to give up on a quality that is precious to you is not an option. Similarly, the idea that you are going to get him to change is also not option.

This point is very important. If you still need proof, chose a friend who you trust to be honest with you and ask him or her to explain their views on this subject.

## **Married Men Are A Lost Cause**

I have included this section to state what I used to assume was obvious, but from some of the phone calls and emails I've received, apparently, it isn't to some women. If you are trying to get a man that is married to another woman back into your life, you are facing an almost impossible situation. I don't think I need to point out to you the obvious moral consequences of what you're doing. I am just going to assume that you know it's wrong to pursue a married man, and that's not to be judgmental or ugly. If you think I'm being moralistic or preachy, you may be right, but not for the reasons you think. Most immoral things are wrong because they DON'T WORK.

Oh, I know there are exceptions to nearly every rule, but from a practical standpoint, here is what happens when a man is married. After taking the wedding vows, something transforms inside of a man. Now he is tied to this person. He has crossed over a threshold, and even if he is reluctant to do it, once a man crosses that threshold, something in him changes. Part of his heart belongs to this woman, his new family. Even if he is a terrible husband and has numerous affairs, it is rare for a man to leave his wife for a mistress and remain with that mistress.

I know there are exceptions to this, and I know there are some men who think marriage is nothing more than a piece of paper, and have been married five or six times. I promise you that really is the only exception. Now that he has a wife, that wife has leverage that a mistress can only dream of. And if there are children involved, the man is even more bonded to his family.

If you think you are the exception to this, then I would mention to you an interview I saw a few years ago with a famous actress, Joan Collins, and she was talking about what it was like being a mistress. She looked out into the audience and said, "Ladies, ladies, let me be very clear. He never leaves his wife."

She wasn't being moralistic, just honest. So is it possible to win a man back—one who is married with children—to dating him again and then winning him over to you? Yes, it's possible. Is it probable? No, it's not probable. No matter how bad you want it. Because he gets to go home to someone and he has a family and he is not going to be enduring the loneliness that an available man will. The advice I'm offering to you is not very effective with someone who already has a built-in family. And my wish for you is that you would take that same energy and effort and direct it towards someone who not only will love and adore you, but who is also available.



## ~ CHAPTER FIVE ~

# You're Going To Wait Until He Calls

**B**y now, you've taken an inventory and reassessed this relationship. You have determined that this man is worth having back in your life, even if some parts of the relationship need to be fixed. You have taken a careful look to determine if he was destructive or if you were destructive in this relationship, if he was bad for you or if there was some other unsavory, unethical or insecure reason that you were dating him, or even married to him, to begin with. Because you have done this inventory, this is what's going to help you as you wait for him to call or to initiate contact, because you never know exactly when that might happen. During this period you are not simply sitting around waiting for his call, rather you have begun to take care of yourself and surround yourself with those who love and care for you.

While there is no absolute 100% guarantee, nearly every man will initiate some form of contact within two months of a breakup. For those that do not make contact, we will address that problem later, but in most instances, they do contact their ex, assuming you have gone on more than three dates with him. Now it may be two weeks after your breakup or it may be six. Don't panic and call him simply because you are nervous or you think it would help. It won't, and it will probably guarantee you won't get back with him if you start calling him. You are going to put a plan into place because you never know the particular time of day or the mood you're going to be in when he calls, and if you don't have a plan in place and you're feeling lonely, you'll probably act desperate or angry. You don't want that because when you react out of emotion (normally a good thing for women) it will simply overwhelm him and, in this case, scare him farther away from you. Therefore, when he does call, you're going to act and respond in a calm manner, regardless of how you feel, because telling him how you're feeling at that moment will only result in you losing control of the situation.

Remember, getting him back requires that you are in control. Once you're in a relationship, then we will talk about giving up control, having more of an intimate interaction with someone; but for this aspect, trying to have an intimate conversation or endearing messages with one another will cause you to become vulnerable too quickly and, once you are vulnerable, your fears and insecurities will surface, which will only remind your ex why he ended your relationship or why he doesn't want to get back into it, even if you ended it. So before he calls, you are going to make up your mind that you're going to follow these rules.

Number one, when you talk with him on the phone, you are not going to talk any longer than 10 minutes. Now when I say 10 minutes it doesn't have to always be exactly 10 minutes. What is important is that you keep the conversation brief and focused on what he wants to talk about. If you normally talk less than that, that's fine, but you're going to make sure you keep it to 10 minutes. If you speak for 11 or 12 minutes, that's no big deal. If you talk with him much longer than that, he'll become full. What do I mean by full? I mean that he'll have spoken to you and he'll have a good feeling. With men, the problem with this is that once they have that good feeling, they tend to go away until they get lonely. Strange I know, but that is just one of the things that makes men and women so different. When women feel good about something emotionally, they want more and more of it.

The second thing you must do, when you're talking to him on the phone, is to smile, regardless of what the content of the conversation is. The third thing is to not share a lot of details about your life with him and what is going on in your current situation. Even if he questions you, you're going to be politely vague. Fourth, you're not going to bring up anything from the past during these 10 minutes, because we want him to feel safe enough to call you without you getting serious on him, regardless of what he says. These are going to be the four rules that you live by. Now let's break them down.

### **Rule #1: Only talk 10 minutes.**

When you know you've only got 10 minutes to speak, you know that you can't have a really deep conversation, because 10 minutes isn't going to be enough time. Since you're only going to be speaking 10 minutes with him, you're not going to try to convince him or change him...there isn't enough time. It acts as a fail-safe

method for you if you are feeling nervous or overly excited that he's called. Because of the 10-minute rule, it doesn't matter if you get nervous because anyone can "keep it together" for ten minutes. In addition, when you're speaking to your ex for only 10 minutes, at some point in that period, the conversation is probably going to be good. He may laugh at one of your comments or it might simply be that the two of you aren't fighting like you were in the last conversation you had. This is also part of our strategy, to create a better last conversation than the one that resulted in your breakup. The last conversation is the one people remember the most. Because there isn't another interaction to replace it, the last conversation holds a lot of weight in a man's mind. Even if you have a 10-minute talk that seems to be boring or awkward, that is still better than one that ends ugly or in a breakup. You just want him to hear that you can be calm, sweet, interested in what he has to say, etc. The conversation may be light; it may be comfortable; and just like a musician who is taught early on to always leave the audience wanting more, this 10 minutes will make sure that you do not talk long enough that he might get bored with you or he might get restless.

Go back and remember when you broke up with him. I can almost guarantee that it wasn't because you never had a serious conversation. In fact, I'm almost certain your ex thinks you and he had several serious conversations. No, getting serious with him will only remind him of why he doesn't want to be with you.

Prior to any breakup, one party takes an honest assessment of the relationship and concludes that it simply isn't working, which causes them to feel pain. Men will do almost anything to avoid emotional pain! We don't want your ex to feel any pain, not even the smallest amount, when he calls. We don't want him to be reminded in the least that he experienced any pain with you. This is going to surprise him because he feels that you will do what all women have done with him in the past (nag, beg, get emotional, etc.). Your lack of emotional intensity will pleasantly surprise him. We want you to be the one who initiates the end of the phone call or the end of the meeting, if you happen to bump into him. This, too, will surprise him. This will go against the very way he thought the conversation was going to go. This will give him a different impression of you than he left with after the last conversation you had when you broke up.

For days and weeks he has convinced himself that he knew you so well that there was nothing more to discover about you. In his mind, you are weak and desperate, which has enabled him to justify to himself that he is better off without you. By keeping it at 10 minutes, you have entered some new information into his brain that he wasn't planning on having before he made the phone call, because you have surprised him. His previously held belief that he was better off without you is now not as easy or comfortable for him to

believe. The phone call was calm and pleasant, and while he hoped for this response from you, quite frankly, he didn't think you had it in you.

Now I am hesitant to tell you that this is going to fix everything; so don't get your hopes up too much that just one 10-minute phone call is going to totally reverse the things that led you to break up with him, because it won't. This is but the first step we have to take to overcome his fears, hurt feelings, or even injuries of a deep emotional level. Those injuries require gentle nurturing, not radical interventions. Your ex is counting on you being radical, intense, talkative, overbearing ...and you are going to surprise him by keeping it short and sweet when he calls.

### EXERCISE 5.1

To practice getting ready for the 10-minute phone call, plan to call 3 good friends this week that you haven't talked to in awhile. Family members will also work for this exercise. This exercise will prepare you for the upcoming short conversation with your ex.

List these friends or family members here:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Now when you are talking to this person, since you haven't spoken to them for some time, obviously there will be a lot to catch up on. For the point of this exercise, make sure you stay on the phone with them for less than 10 minutes. (Of course, you can always call them back later.)

Also during the phone call you need to make sure that you only speak with your friend about positive and upbeat things, and nothing too emotional. If you feel that the conversation begins to steer into something negative, just make sure you casually readjust the conversation back to something upbeat. Keep it short, lighthearted and friendly.

How did it feel to stay on the phone for just 10 minutes? \_\_\_\_\_

\_\_\_\_\_.

Did it seem long or short? (Circle one)

Did 10 minutes go by more quickly than you would have thought? Yes or No

Did you feel as though your friend or relative wanted to talk more? Circle one.

YES    NO

Was it difficult to get off the phone when you felt the other person still wanted to talk more? Circle one.

YES    NO

Was it easy or difficult to keep the conversation positive and upbeat? Circle one.

EASY    DIFFICULT

Why do you think it was easy or difficult?

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Do you think that it will be similarly easy or difficult to keep the conversation friendly and upbeat when you talk with your ex? Circle one.

YES NO

If it turns out to be difficult to keep the conversation lighthearted and easy going when you speak with your ex, you may need to have pre-prepared a few pleasant topics to discuss. Go ahead and write a few possible positive and easy-going conversation topics that you might potentially draw on when you speak with him.

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### **Rule #2: When you're talking to him, smile.**

Some readers instinctively know why this is important, while some may not, so I'll tell you the science behind this. There is a hotel chain that is worldwide, but predominantly in the United States, called the Ritz Carlton. And if you have ever been to this hotel, the first thing that strikes you isn't the facility, which is, by the way, usually very plush. No, what stands out is the service you get. When you check into a Ritz Carlton, you feel pampered. You feel special. You feel as though they actually care about you, even though these are total

strangers that are saying your name and asking if they can be helpful to you. This aspect is even noticed when you call into the Ritz Carlton and you make a reservation. The person on the other end of the phone seems to genuinely enjoy talking with you, and I'm not the only one who has noticed this.

In fact, when I was single, I went out with a gal who happened to work at the Ritz Carlton and I told her, "You know, it's actually kind of fun calling you at work because it really makes me feel like I'm a millionaire the way they talk to me, the way they say the phrase 'My pleasure,' when they transfer me to your office."

And she said to me, "Actually, it's not by accident. We have done enough research to know that when a person smiles on the telephone while they're talking to someone, the person on the receiving end can actually hear the difference in the tone of their voice."

I must admit I hesitated to believe her, but she was so confident and so straightforward about it, I found it hard to disagree with her. If you don't believe me, call the Ritz Carlton. Make a reservation. See if you can't hear it in the tone of their voice, even though you can't see their face. Since this works in the business community, the reason I trust it so much is that a company like the Ritz Carlton would not spend the dollars it does training its employees to do something that might seem silly, unless it worked.

Your ex, when he calls, cannot see you, cannot touch you, cannot smell you. The only one of your senses that he has access to over the telephone is your voice; because of that, with a phone call, what he hears will be magnified in importance. One of the problems in a long-term relationship where couples end up spending a lot of their dating time in phone calls is that certain words get misconstrued or misunderstood because they aren't communicating with each other through visual and tactical (touch) senses. They don't have a lot of other clues to go by, just the auditory. The less senses involved in communication, the greater the odds for misinterpretation. So since we know this, we're going to shape how your ex hears you.

Once you realize it's him on the phone, begin smiling, even though it will seem forced. Regardless of what he says, continue smiling. Remember: do not get focused on the content of this first call or the first few calls after that. The primary goal of our first few calls is to change the process between you and your ex. The content will come later. So many women get in trouble because they are obsessed with the content and they keep repeating the same destructive process. Does this rule apply if you see him in person? Actually it does. It will be harder just to have a big ol' smile on your face when he's talking to you, but a smile is even more disarming in person. It will feel forced, it will be silly, but men find smiles irresistible. Men find that women who smile come across as more confident.

Again, we want you to surprise him and have a different reaction than he is anticipating. So rule number two is that when you have contact with him, you're going to be smiling, be it over the phone or in person.

## EXERCISE 5.2

For this exercise think of someone that you have to see or talk to every now and again, who really don't like very much. If this is someone that you feel mistreats you or doesn't like you, that is an even better pick. Write this person's name below.

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Next time you talk to this person, try this exercise in preparation for talking with your ex. Smile the entire time you speak with this person. It doesn't matter if this is over the phone or in person. Once you have completed this portion of the exercise, come back and finish the questions.

Did you find smiling when you spoke to this person easy or difficult? Circle one.

EASY    DIFFICULT

Did the smiling change your interaction from how it might have normally gone? If so, how?

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Even if the results were not obvious on the surface, the fact of the matter is that when you smiled in your interactions with this person through this exercise, something did change. You might not have noticed it during the encounter, but this small change causes a shift in the dynamics of the relationship. Watch in the future how this person treats you. You just might find that the results are very surprising.

### **Rule #3: No emotional details of your life.**

Part of the reason he is calling is because he misses you. Now that doesn't mean he misses you as much as you'd like for him to or that he necessarily misses you enough to get back with you right now, but he is calling because he used to know more about you and your life and now that's gone...now something's missing. And if you give him too many details, you will take his curiosity away and the hunger that he felt in regard to details of your life will be satisfied with a little snack. In essence, you will have been too accommodating to him, much like an overanxious teenage girl who says yes before the guy of her dreams can actually ask her to go to the prom. Such a reaction may actually turn the guy off and cause him to change his mind because she gave him what he wanted too quickly and too easily. Remember: giving the details of your life prevents his imagination from filling in the gaps. His imagination is the best thing you have going for you, so let's not get in the way.

The imagination is the thing that men seek to control as much as anything. Men do not like having fears that they cannot fix. Men do not like having questions that they cannot have answered. Men do not like having things go unfinished. So part of the reason that he may be calling may well be to confirm to himself why he broke up with you or why the relationship ended or why it's no good for him to get back with you, as much as he actually might want to get back with you. Therefore, we want him to wonder if you haven't just moved on with your life as though he is easy to get over, and that perhaps you even have a new boyfriend, someone who is fabulous. Or it could even be that you've been too busy to think about him and just doing stuff that you've always wanted to do.

The possibilities are limitless in his imagination. Once you volunteer too many details about your life, you will appease his curiosity and make him feel that his fears may have been exaggerated. The fears that have told him that yes, of course, you were just a plain average girl, a plain average woman like all the rest of them. They are easy to come by and easy to replace. This is not the time to make him feel good, and even though it may feel selfish not to volunteer a lot of information, remember— men crave what they don't think they can get. Men only value what they have to work for, and that is the basis of our theme throughout this book.

## **Rule #4: No talking about the past.**

Deep in your ex's heart, he remembers the last conversation or two that you had before the breakup; and while it is only one or two conversations that don't encompass the entire relationship, because it was the last two, those are the ones that will cause him to define the entire relationship, because those two are the most recent. If you bring up things from the past during these first few phone calls or first few contacts, you will also be bringing up the feelings that were associated with your breakup. The chemicals in his brain will kick in and they will start to flood and overwhelm him.

In technical terms it is called an Anchor. Beer commercials do this all the time in advertising. Nearly every sane person would admit that beer tastes terrible (until you "acquire" the taste). The beer companies can't advertise their product JUST on the taste, so they have commercials with good-looking men and women in them. After repeated viewing of those commercials, the television viewer's mind begins to make an association between beer and attractive people. It's similar to when you sit at your kitchen table and you instantly think of food. The Anchor is the event or thing, which reminds someone of something, whether they want to be reminded of it or not.

When you bring up the past, you are triggering an anchor, and it will feel to him as though he's facing a tiger, no matter how sweet you say it, no matter how you preface it, such as, "I don't mean to upset you, but..." Both men and women, but predominantly men, are very susceptible to the associations created by anchors. When your ex associates you with you smiling, being happy and having a good time, he makes the assumption that you are wonderful. If his primary association is a fight that you've had or a breakup, then it becomes very easy to reinforce a negative assumption. He's not ready to have that conversation with you about the past. Even if he brings it up, you must not go there and have that conversation. Even if he says he wants to talk about it, you deflect it somehow. An example might be:

He says, "You know I remember how we broke up and I just wanted to say I'm sorry."

Say this, "Oh that seems kind of serious. Let's not talk about that now."

Don't say this, "Really, I was thinking the same thing. In fact what exactly do you think caused us to break up to begin with?"

Even though your heart might be racing when you remain cool, calm and collected, it will surprise

him. We want him to feel as though you're not overly concerned with those things that you brought up in the past and, for the moment, you're not that concerned, or at least you're going to come across that way. You will unconsciously be conveying to him the idea that the problems of the past are not insurmountable. If you bring them up right away, or he brings them up right away, it will give the impression that unless these problems are totally fixed right now, there is just no chance anything can happen. In essence, you will make the problems bigger than they need to be, for the issue is timing—when you bring it up, not whether you bring it up or not. The time to talk about your past will be weeks, if not months, down the road, when he begins to talk more about a commitment to you, when he begins to make more of a pledge to you, when the tone of his voice is humble.

Every woman I know has told me they can tell when their ex is being humble. There's a softness, there's a calmness, there's an attitude in his voice when a man's guard is down and he is willing to let a woman come closer to him. That's the moment when we're going to talk about the things of the past. Usually a man speaks slower and more deliberate when he is humble. He isn't interested in winning an argument but more concerned about you. But before a man can be humble there is one thing that he has to have from you. He must know that you are going to listen to him. If he is going to open up to you, he doesn't want to compete with you for words. You'll win and he knows it. From a man's perspective, there is nothing sexier than having a woman listen to him, especially when that woman is being vulnerable. Therefore, you will let the first two or three phone calls or two or three contacts during this eight-to-nine-week period go at his pace, when he wants to call or see you. These will be the four main rules you live by.

### EXERCISE 5.3

Let's practice some potential remarks he might say that in the past might have drawn you into talking about your relationship. Try to write some responses to the made-up statements that your ex might say.

Your Ex: You look great! So have you been dating much since we broke up?

Your Response: \_\_\_\_\_

Your Ex: What do you think happened to us? We were so good together.

Your Response: \_\_\_\_\_

Your Ex: What have you been up to since we last spoke?

Your Response: \_\_\_\_\_

Your Ex: I am sorry about the way things ended. Did it seem abrupt to you?

Your Response: \_\_\_\_\_

Hopefully all of your above statements have nothing to do with your actual life, and you managed to deflect all of his personal questions. Look at your answers above and double check that they contain no real emotions or traces of anxiety.

If not, go back and try it again. When you read your responses they should seem 100% carefree and lighthearted.

Now come up with a few phrases that you think he might actually say when you are talking to him and write your responses. It may seem unnatural to script these conversations ahead of time, but when you are looking to win back your ex, your planning really does have to be this systematic and detailed. So don't worry if you are feeling that writing out a potential conversation seems like a strange thing to do- this step is important and it doesn't matter if it doesn't feel natural.

Write some things you actually could imagine your ex saying and script your responses.

Your Ex:

Your Response: \_\_\_\_\_

Your Ex:

Your Response: \_\_\_\_\_

What is important about all of these exercises is that we don't leave anything to chance. The more you practice, the more authentic you will sound to your ex. When going through these exercises please remember that you'll most likely only have one or perhaps two opportunities to make a good impression.

### **What Happens If He Doesn't Contact Me?**

I've had a few clients that have tried this advice, or intended to, and the man of their choice never made contact with them. It can be for a variety of reasons. He may live in a town that is 2 to 10 hours away. He may be so mad that he doesn't want to have any further contact, or he is simply afraid, even though he might like to make a move. If the man doesn't make any contact, then there are two options available.

The first option is to take an inventory in your heart and ask yourself after a few weeks of waiting if this is someone you still want to pursue. With the majority of women, if there is no contact for eight weeks, they usually reach the decision to move on with their life. As one client did when she said to me, "I shouldn't have to work this hard for someone to want to be with me." These women become tired of waiting; their heart, while it's still hurting, has already moved on and the decision is sort of made for them. It's not that they can't follow up or won't initiate something...they're just too tired. If that's the case, that's a much easier way to move on from someone when you don't feel like you want to put forth any more effort versus the traditional advice where someone just says, "Move on because he's not good for you." Even though our goal is for you to be able to win back the man you want, if he doesn't call or initiate contact and you become

tired of waiting and putting forth any more effort, then that very well can be a good indicator that you are ready to move on from him.

The second option is much more direct. In fact, it's very direct. For this action I need you to find some way to approach him and make contact (in person) somehow. I know what you're thinking when I say that, because I've heard it in the voices of women on the other end of the telephone when I make this suggestion. They say things like:

“But that would be too forward, wouldn't it?”

“What will he think of me?”

“I don't want to be labeled a stalker.”

“He'll think I'm desperate.”

And the list of replies literally goes on and on. But at this point, you have made it very easy for him to reach out to you. You have demonstrated value and worked on yourself. It may be that he is a man who is so sensitive to criticism and intolerant of disagreements that he will never reach out to you (or any woman for that matter). If there is no contact with your ex, then there is going to be no way to influence him. I mean, if he can't see you, he can't hear you, he can't feel you, smell you, taste you, have any connection with you, and what will happen is he's going to forget you or at least try to forget you. So I'll be the first to admit that initiating contact is risky, and there is the risk that he might think you're a stalker, or he might think that you're desperate, or he might think that you're crazy, but I think the way you do it is going to have more of an impact on his perception of you, rather than whether you do it or not. While I mention this, I'm not that concerned, because for him to believe those things about you what is usually required is that you repeat them. If you showed up at his work repeatedly, yes, that would be acting like a stalker. The same applies with being desperate. It is repeating a bad behavior that is most concerning to a man. Taking a single risk is often very vulnerable and endearing.

There is a way to approach an ex that is respectful, demure and classy. There is also the wrong way, such as banging on his door screaming at 11:00 at night. So let's talk about what to do if and when you do approach him. If you haven't seen him for weeks and weeks, I'm going to suggest, if at all possible, that you find a way to see him in person. Yes, again, I know it's risky and I know it's unnerving, but you must affect him on an emotional level at this point, or you have no chance of anything ever rekindling with him.

If he has not initiated any contact, then what he is doing is trying to forget you. It may be because it was too painful a breakup. It may be that he was that upset during the breakup. It may be simply the way he copes with stress. Whatever the reason, ignoring pain is a primary coping mechanism of men and you do not want to let that coping mechanism run its full course or he will shut you out of his heart forever.

If you can't find a way to see him, then a simple phone call will have to do. It's not as powerful as I'd like but if that is our only option, then so be it. After 8 weeks, if he has not contacted you and you don't know how to see him, then call him at a time when you know he is most likely to be alone. At least your best guess as to when he'll be by himself. If you know that he stays up late, then call him in the evening. If he's a morning person then call him early in the evening before he goes to bed.

What you are going to do is invite him to lunch, coffee or something in your area that is casual. You would say something like, "Hi \_\_\_\_\_ (his name), I was sitting here thinking about you and wondered if you'd like to meet me tomorrow for (coffee, lunch, or whatever you can think of)?" Now the good news is that if he answers the phone, he most likely knows it's you and he took your call. A good sign. The bad news is that you had to call him, so he might be hesitant since it wasn't his idea. If he is hesitant, then you must keep your cool. Don't try and talk him into meeting you or you'll only come across as desperate. What is much better is to say something playfully. It takes some courage, but it's more effective. If he hesitates say this, "Are you sure?" but I must emphasize HOW you should say this. Say it slowly and with a smile on your face. You must have excellent tone when you say this. Like you are flirting with him, because when you say this, you are!!!!!!

### **Only As a Last Resort**

If he still doesn't respond to you, then you have a decision to make. Do you still want to continue? You've been working on yourself for 8 weeks, physically, emotionally and with the support of family and friends. If you do then, and ONLY then, would I suggest this. Only do this as a last resort, because once you do what I am suggesting there is nothing else to do, so be careful. Don't use this without having tried everything else and even then I must warn you that this approach isn't for the faint of heart. I'm assuming you know where he lives, and you go to his house, his apartment, or his condo, and try and find a time when you think he might be there alone, or you could go to a club or other public place that he frequents. I will say that you should not go to his place of employment because he's going to be focused on the fact that you've found him at work, and that will really scare him.

Now before you go, I want you to dress in a color that he likes you in, or a color that you know you look good in. And if you're thinking about black, try to avoid black, because it's too formal and it's not bright, unless you absolutely love the color. Wear a dress or skirt. It doesn't have to be formal. In fact, it's probably better if it isn't. Don't wear jeans. The reason for you going to him in person is to appeal to his senses, particularly his eyes. Since going to him is going to be a long-shot anyway, I want you to give yourself the best chance possible so that he can feel you. If you have a favorite perfume, wear it lightly, because you don't want to overpower him.

Now once you have your plan as to when you're going to approach him, or if you think he would meet you someplace, you can call him to set it up, but you're probably only going to get one shot at this. So if you call him and you're not at all sure that he wants to see you or even be willing to, my suggestion is it would be better to surprise him than have him say definitely, "Don't speak to me again."

So the moment comes and you've arranged a time that you're going to meet him, and this is what you're going to do that is going to be so different than what every other woman in his life has ever done. When he sees you initially, his fears are going to tell him that you are going to want to talk about the relationship, that you're going to emote all these feelings that are going to overwhelm him, so his guard is going to be up; yet, when he sees you looking pretty and looking soft and looking feminine, that alone will start to soften his resolve even to the smallest degree and rather than having a long speech with him, you're going to say this one sentence:

**"If you're not careful, you will lose me forever"**

Immediately after you say it, you must get up and leave. That will make your statement much more powerful. Remember he will need TIME to process that statement. Don't expect it to work immediately. He won't be expecting it. It will catch him off guard and then when you get up and leave, he will be even more flustered that you, the woman that he has assumed would do anything for him can actually walk away from him. This is Powerful stuff.

Now if you plan to have dinner with him, don't sit down and say this and then get up. Wait until the end of the meal and don't have any serious conversation up until you say this, because once you say this line, you need to get up and leave, and that's what's going to be surprising to him. It comes across as confident. It comes across as though you don't have to have an answer. It will make him curious. He may initially dismiss

it, but you will stand out from every other woman in his life and, no, not in a crazy way, but as someone who didn't come across as demanding or needy or insecure, but as someone who at least, just for a moment, arguably was okay with whatever he had decided.

In that instant, you will come across as taking the pressure off of him for making you happy and being responsible for your feelings. He will never see this coming, and that's what's going to surprise him. Remember, the reason he broke up with you or allowed it to happen is because he thinks he knows everything about you and there's nothing more to discover and he's not satisfied with all that he has seen. In that instance, you will have surprised him with something he didn't think you had. The reason you're going to leave is to let his mind think about you without interruptions and without your facial expressions, so that he will wonder what you were thinking. Now is there a chance that he'll never call after this? Yes, there is a chance, but I have spoke with women that have done this very thing and were surprised to get a phone call a few days later when their man said, "You know, you're right. I really don't want to lose you." And to their surprise, a romance was rekindled.

Now I have to stress this again. If you do say those words to him, it has to be the last thing you do. If you say, "If you're not careful you're going to lose me forever," and don't leave him alone until he contacts you, he won't take you seriously in the future. In his mind, you'll be the type of woman who just says things to get what she wants. Those words are powerful, but they are only powerful if you're willing to move on with your life if he doesn't contact you again.



~ CHAPTER SIX ~

## When He Warms Up To You

Now let's assume he has called you. Your heart will most likely be pounding and you'll probably feel a sense of both relief and excitement. At this point, a lot of women try to speed things up and, in the process, they actually come across as desperate or too eager. What you are going to do is memorize this phrase, "I am expensive." In fact, I want you to begin saying this to yourself over and over. I don't care whether it seems silly or arrogant, just do it. This is the same phrase I have used with countless clients who have successfully won their man back. We are not going to tell him this directly. We are not going to be silly or absurd about it, but we are going to go with the basic premise that men value women they feel are expensive and priceless, and men leave women once they think the woman is common or cheap or easy.

Men love expensive things, especially women. It may be for a variety of reasons that he determines value in a woman—his issues, your issues, a bad argument. Regardless of the circumstances, if a man leaves a woman, it's because he feels she is no longer expensive, but that she is common and that she is not worth the price and not worth the effort. Our goal is going to recreate the value that he saw in you at some point in the relationship that caused him to go out with you to begin with. Please notice what I am not saying. I am not saying that you don't think you are expensive, but at some point in your relationship you came across to your ex as though you were not. It is in HIS eyes that your value has decreased and you cannot let that happen again.

To help fix this in your mind, I want you to do the exercise following, regardless of how silly you think it is, and regardless of the fact that you get what I'm trying to accomplish with you. It's not going to be enough that you think you're aware of what I'm asking you to do—I want you to experience it because when you feel something it becomes much more powerful than simply knowing it.

In your town or someplace near you, I am certain that there is a store of exquisite taste. The one that I recommend to folks in the United States is a store called Nordstrom. There's one in Atlanta, Georgia, and

one in several other cities across America. It is the type of establishment that doesn't just sell merchandise – it sells an experience, which leaves its visitors feeling pampered. When you walk in, you are greeted. When you want to try clothes on, they write your name on a changing booth. When you select an item, someone who works the store will take that item to the changing room and wait for you so you don't have to carry that item around. It is the type of store that when you shop there, it is impossible not to feel the essence of being attended to. You simply must find a way to go to this store or one like it and plan on spending at least an hour there. Don't take anyone. You're not to be distracted. Be sure and dress appropriately for a store like this—if you go in blue jeans and a tee shirt, you might feel a little underdressed.

When you arrive, I want you to walk around slowly. I want you to look at all the items. I want you to touch them. I want you to smell the sweet fragrance of perfume. I want you to notice what it is like to have people at a store like this be at your beck and call. If they have a restaurant of some type, eat something there. The idea is to get as many of your senses involved as possible. This is actually the best way of teaching someone. The more of their senses you can get involved, the more likely they are to retain the experience and carry it with them for days, months, or even years. Linger at this store for an hour, and I promise you that you will feel what it is like to be treated as though you are expensive. This experience is going to be your template for how you relate to him. You are going to carry that experience of Nordstrom, or wherever you end up going, with you during this entire process. This will be the theme: you are going to act expensive, whether you feel it or not. You are going to act expensive, which means you don't beg, you don't grovel, you don't plead, you don't whine, even if you feel lost and overwhelmed, because men love expensive women.

Does this sound similar to you, like when you were first dating him or dating someone else? Actually it is. Because early on, in a dating relationship, what's really happening between a man and a woman is a man is comparing a woman to what he considers to be ideal feminine and a woman is comparing a man to what she considers to be ideal masculine. You do not have to be an ideal feminine woman all the time, but to be able to make a man want to come closer to you, you have to be able to convey to him that you can do it some of the time, so that he knows the possibility is there.

Remember how early on in a relationship you, like most women, made it a point to be attentive, to listen, to look at him a certain way, to maybe laugh at some jokes that weren't that funny, to help him, to be encouraging, to show him you liked him. This worked because he felt that you were expensive and your attentiveness to him was flattering. Without that perceived value, being like this will only convey that you

are desperate. What's happened during your breakup is that he has lost that feeling and doubts that you have the ideal feminine qualities that he once thought you had. This is why you're not in a rush. This is why you're going to convey expensive.

Let me illustrate what men will do to obtain something they feel is expensive. Imagine a young man in his early 20's who worked hard but had little money saved up. Deep in his heart, he has always dreamed of owning a BMW, the kind of car that costs \$60,000. One day he goes to the dealership and sees just such a car and he says to himself, "It's a thing of beauty." After walking around the car he approaches the salesman and says, "I don't want to be tied down with a commitment because I might change my mind but I really LOVE this car. Can I have the keys? I just want to drive it until I make up my mind. Would that be O.K.?"

Can you imagine the salesman's response? How crazy would it be for the salesman to say to himself:

"Well, I really think he might buy the car and I don't want to take the risk of saying no because then I might lose him forever."

"What if I never see him again?"

"I can tell he's going to buy the car one day if I just go along with what he wants."

"It would be too hard to say no to him."

No! That doesn't happen because the car is too valuable. In fact, the salesman calmly would say, "You can have it once you BUY it." At this point the young man may get mad, act hurt or even throw a temper tantrum. It doesn't matter, either he is going to work for what he wants or he's not going to get it.

What women forget is that men work for years to buy an automobile that they believe is expensive, even though the car is worth less in a month than what they paid for it. Doesn't matter, because they worked for it, they value it. A man will wait and work for a woman he believes is valuable.

## EXERCISE 6.1

By the way, please do not skip doing this part of the chapter. Some of my readers have glossed over the idea of going to the store, because they have thought to themselves, “I have been to nice stores before so I know what it is like. “ It is important not just to think about going, but also to actually go to Nordstrom’s or another appropriate store with this particular exercise in mind. After all, when you went to nice stores in the past, you weren’t thinking of going as part of a related exercise to the process of getting your ex back.

We are trying to build your self confidence and going in person and getting that expensive sensory experience at this point in time is crucial to the whole process of winning him back.

What store will you be going to?

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When will you go?

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Upon your return from the store, complete this exercise:

My favorite part of the Store of Exquisite Taste was \_\_\_\_\_

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The item that I saw today that I treasured most was

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List 4 separate words that describe what your experience was like.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Now look at the 4 words above. Can you imagine applying any of those to yourself? (Circle One)

YES      NO

How would you act differently each week if you KNEW these 4 words described you?

\_\_\_\_\_

### **Please Don't Make this Mistake**

Every week I listen to women who have lost their boyfriends and there is one story that always comes up.

“We went out.....after a few dates it was going so well.....then I slept with him.....now he doesn't call me.”

Based on the hundreds of women I have spoken to who are trying to get back with their exes, the most common mistake I hear from them is that when he starts to reconnect with her, she sleeps with him.

Literally, this is what I have heard over and over again, “We got back together.....after a couple of dates, it was going so well.....then I slept with him.....now he says it was a mistake getting back together.”

There are so many reasons why having sex with him causes such problems, but here’s a big one. When a woman has sex with a man, her body releases the hormone oxytocin, which causes her to chemically bond. This chemical is also released into her blood stream when she gives birth to a child and some believe during breastfeeding as well. When you have sex with him, you’re bonding with him, which is why women get so emotional when a man doesn’t call back after sex or doesn’t call at all. For women sex = love. For men it does not. Men bond through commitment, more specifically marriage.

This is why men take getting married so seriously. They know that crossing that line means that they can’t just leave a woman when they are bored. At least most men feel this way.

Have I convinced you not to have sex with him? I’m not trying to take your fun away, but I want to help you not only get him back...but keep him for good. If I have, then you will suddenly regain leverage over him and he’s not going to like it. He is used to having his ultimate goal accomplished and having nothing more to work for. It is imperative that you determine in your mind NOW what your standard will be before you begin seeing him again or you will almost certainly fall back into your old patterns. He may not like it. He may think you’re weird. He may think you’re strange. But if you think he could be special, and you believe that you’re expensive, then—if ever he pressures you or hints about your relationship going faster (like wanting sex), you’ll say this one sentence to him, “You can have me when you buy me.” Oh, it doesn’t matter if he says, “What do you mean?” He’ll know what you mean and I can tell you that for a man to say, “I love you” is incredibly easy. Those are just words spoken in a moment of passion. A man doesn’t fully commit to a woman until he marries her. He may try and get you to defend your position by acting naïve, but he’s merely trying to outlast you by hoping to take you for a long test drive without having to pay for you. No matter how much he says that he doesn’t understand what you mean by the words “buy me,” I promise you, he does. In fact, he may not want to get it. He may want to engage you in a discussion where you have to defend it, where he can look for a weakness and some way to prove that you’re being silly but you now know this truth about men, what they want in the moment is not always what they want for a lifetime.

Once he calls, you’re also not going to have any deep talks. This is a man. He has been flooded with feelings, so much so that he felt the need to break up. Even if you initiated the breakup, he was flooded by

those feelings, and that's what he's anticipating. He expects that from you. You are going to show him that you are not in a rush, even though you may feel like you're going to die if you don't get a commitment out of him... even if you don't know how long you can hold on.

What I have found to be helpful to women is this rule of thumb: If you are wondering what he is thinking and don't think you have done enough to help him get back with you... then you're probably doing it right. The very thing that would make you feel better (talking a lot to him, telling him how you feel, writing him a letter saying you miss him) will drive him farther from you. Therefore, if you're wondering about him, then you have probably given him enough space to wonder about you.

Remember, your relationship has already been on the rocks. You've already broken up or he's threatening to end the relationship. It's going to take some bold moves to get him back into your life. You can't just do what's familiar and hope things work out. No, you're going to be more careful with this renewed relationship.

## EXERCISE 6.2

Question: Do you think that Sex = Love for men?

YES or NO (Circle One)

Question: Which do you think is more important;

What a man says or What a man does? (Circle One)

Do you think you'll bond with him emotionally if you have sex with him?

YES or NO (Circle One)

Research shows that when a woman has sex with a man she bonds with him chemically and emotionally. Sex is one of the ways a woman surrenders her heart to a man. For men, their commitment to a woman is how they surrender. Over the last few years, I have heard countless stories from women

who's relationship started to rekindle and everything "felt" right, then they gave in to his wishes (and their own) only to have him feel something was wrong later and end the relationship permanently. Men bond through a series of commitments and then the final commitment. They don't bond with words or sex.

Men also feel more intensely toward a woman they have captured rather than one who is accommodating. When you are with your ex and things are going well, you will most likely feel totally comfortable having sex with him. However, you must resist.

These exercises will be good practice for getting you used to the feeling of succeeding by simply resisting.

Name something that you enjoy that you like to indulge in that makes you feel good. This can be something like wine, chocolate, pastry- anything you absolutely love as an indulgence.

Name that item \_\_\_\_\_

Now buy the absolute best looking version of that item that you can. If you have to spend a bit of extra money to do so, don't worry about it. Remember, these steps are all crucially important in getting him back.

Now once you have bought this item, you must place it in an area of your house where you will see it constantly. This can be the middle of the kitchen table, the end table that is by the front door where you put your keys, beside your bed etc.

Where will you put the item? \_\_\_\_\_

Place that item in that spot, and every day make sure that you look at it. Since your eyes will get used to seeing it, it is important that you take time to actively focus on the item every day when you

pass it by. Think about how wonderful the item is, you might even want to pick it up or smell it, if applicable.

However, whatever you do, DON'T indulge or even take a sip or a nibble. When you hold or look at the item, relate it in your mind to having sex with your ex. Think about how great it will be when you finally do get a taste of this item; however, at the same time be sure to strengthen your resolve every day not to have any. Each time you see the item, repeat to yourself in your mind, "My resolve is getting stronger and stronger every day."

Here's one final thought on this subject. If you can't tell him no, then he won't think you're strong enough to trust with his heart.



~ CHAPTER SEVEN ~

## When Does It Get Back To Normal?

*A*ctually, it never will go back to the way it was originally—and you don't want it to be that way. However wonderful it was, it was doomed, and it led to a breakup. You are creating something better than what you had and, for a few women, this process will reveal to you that you need to let this man go. You don't have to, but by maintaining this plan, you will discover things about him, which you may find you cannot live with. Some examples would be a violent man, a serial cheater, or a drug addict who refuses to maintain a job. While this plan can work on even these types of men, rarely does anything get their attention, not even going to jail.

But you want to know what to do after you start talking with him, right? Well your aim is to control the next three months of the relationship. You are going to control the speed and tempo during this timeframe so he will gradually accept them. The rules being:

- 1) He must never take you for granted
- 2) You will not argue with him, rather you will end the conversation once he becomes too competitive.
- 3) Sex is reserved for ownership. You want lifetime commitment, he wants sex. A simple and equitable trade.

You are going to concentrate on keeping him guessing for three months as to how deeply you feel about him. Don't let him use words to talk you into allowing the relationship to progress faster than a crawl. Elegance is slow and will not be rushed. Passion comes from elegance but elegance never comes as a result of passion. Men always want to marry elegant. Here are the practical things you will be doing for three months after you and he begin speaking.

## **Keeping Him Devoted Rule #1:**

### **Wear dresses, long earrings, and look your best as often as possible.**

Your man will feel empowered when you remind him that you are feminine. The softer you are, the more inviting you'll become, which is what you want him to feel after he dared to even consider leaving you. Your first three months is about punishing him (playfully) by displaying all your feminine charms and not letting him have his way with you. He can look, but he can't touch. He can smell, but he can't taste. Now I don't mean that he can't ever hold your hand or kiss you goodnight, but I do mean to keep him at an arm's length when it comes to passion and intimacy. You may feel like you are being a tease and, in actuality, you are being one. There is nothing wrong with this, as long as you don't say you will do something and then not follow through. In fact, he will find himself MORE attracted to you when you keep him at an arm's length during this time, even if he is just a little bit frustrated.

## **Keeping Him Devoted Rule #2:**

### **Avoid Arguing/Competing with Him.**

When I mention this, many women misinterpret what I am saying and assume I mean avoiding conflict. That is absolutely the wrong thing to do. Conflict and arguing are two different things. A conflict is having a disagreement with someone, and arguing is a form of resolving a disagreement. It is, therefore, possible to have a conflict with someone and not argue but it is impossible to argue with a man and not have it lead to conflict. You never want to combine the two. Men can handle conflict, but they rarely do well with arguing.

Perhaps you want to know what arguing is. Every argument has one thing in common, and that is that neither side feels the other person has heard them. You can disagree with your boyfriend/husband, but if he doesn't feel that you understand what he is saying, he won't listen to you. Notice how this happens with Stephanie when she insists on getting her point across to Jim.

Stephanie: “Jim, I need to talk to you about something, please.”

Jim: “O.K.”

Stephanie: “I didn’t say anything last night because I didn’t want you to get angry in front of your friends, but it embarrassed me when you said how happy you were that I lost so much weight.”

Jim: “What are you talking about; I meant it as a compliment? Didn’t you hear me? I didn’t say you looked terrible before, just that I think you look better now.”

Stephanie: “But why did you have to mention it at all, especially in front of everyone. Do you know how embarrassing that is to have my boyfriend commenting on how fat I used to be?”

Jim: “So, I shouldn’t say anything? You’re always saying to me how I should open up more and when I do you get upset!”

Now, this example happens often in so many different ways. Stephanie is making a legitimate request of Jim and he isn’t hearing her because he does not think that she understood his intentions. Never mind that she understands his intentions perfectly, because in his mind she does not. She is trying to make a point and in doing so he does not feel that she is listening to him. Shouldn’t he be doing the same for her? Yes he should, but if their relationship is just now getting back on track, it is going to be her responsibility to avoid arguing. If she were to simply engage in conflict with Jim it would have gone something like this:

Stephanie: “Jim, I need to tell you something. Is now a good time?”

Jim: “Yea, sure, what’s up?”

Stephanie: “Last night, I’m sure you meant well, but when you complimented me on losing weight in front of everyone, it felt embarrassing.”

Jim: “Oh, don’t be so sensitive, I meant it as a compliment.”

Stephanie: “Actually I could tell you did.”

Pause.....

Stephanie: “It just makes me a little self-conscious when you point out anything about my weight in public, even though I know you meant well.”

Jim: “Oh, sorry about that.”

Now, it may seem that Stephanie didn't get the warm empathy that she wanted but, in actuality, she got something much better. Because she didn't argue (by trying to prove her point) with Jim, he was able to feel that he had hurt her. Nearly every man is hypersensitive when it comes to failure. Men hate failing and if you argue with your ex during the first three months, it will make him feel like he has failed you. You can have a disagreement and become upset with him, but he is still too fragile to handle the kind of conflict that occurs within a committed relationship/marriage. What I couldn't demonstrate in the previous examples with Stephanie is how she kept her tone low during the second interaction. Men are also very sensitive to a woman's tone which is why they "tune a woman out" when they don't like what or how she is saying something.

### **Keeping Him Devoted Rule #3:**

#### **Don't let him see you too often.**

When things start to improve, it is easy to fall back into old patterns. Men like things to be easy and simple and they will frequently take the easiest route that is allowed to maintain a relationship with a woman. It will certainly feel good to have him back in your life, but if you are too available during the first three months, he will most likely take you for granted. We want him to feel that he is lucky to have you back and, if he starts taking you for granted, he might lose you to some other man if he isn't careful. Whether your man will ever admit this or not, men need to feel that they might lose you if they take you for granted, even after your relationship is rekindled. This means specifically that for every two or three invitations he offers you, you will turn down one. Just come up with a reason:

- You're tired and just want to stay home to rest.
- Something has come up and you need to attend to it.
- You've just got to spend some time with your girlfriends.

You get the idea. For three months, you are going to never let him get too comfortable with you, just like you have been doing for the last few weeks. In case you're wondering, yes, it is a game and a good one at that.

## EXERCISE 7.1

List ahead of time some reasons for why you cannot see him once the relationship is rekindled. You should always have at least 4 excuses prepared ahead of time, so you are never caught off-guard. In this way, it will be difficult to ever fall back into old habits.

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Do you feel confident that you have enough excuses? Circle one.

YES NO

If your answer is no, you might consider adding something new to your agenda that will take up your time in the coming months and serve as an excuse why you cannot see him.

For example, you could start taking a class, or begin a new hobby.

Can you think of a class or hobby you have always wanted to try? What would it be?

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A class is a great idea, because you can use it for a variety of excuses including, "I need to study," "I need to prepare materials for the class," etc. You may also meet new people in the class who you can plan activities with to keep you away from your ex.

Even if you don't feel completely comfortable taking a class or feel hesitant that you have the time, remember this is all part of the process to get into a stable and happy relationship with your ex. Having good excuses to keep you away from your ex so you can turn down dates is crucial to the ultimate goal of getting back together.

### **Keeping Him Devoted Rule #4: Don't overwhelm him with words.**

John Gottman, who is one of the most renowned marriage counselors or therapists, has done extensive research on why couples get divorced, and he calls this phenomenon "when a woman floods a man." When the barrage of words is too much, it overwhelms him, just like flood waters coming in. Men can only handle so many words; and even though it feels good for him to listen to you, and even though you are not going to be saying bad words, or criticizing him, or being harsh with him, you're going to make it a point not to overwhelm him with your words. You're going to remember that he is not a girlfriend, and even though he can listen and be attentive to you, it is work for him to do that. He is willing to do it, but it does not come naturally for him as it does for you.

I often use the following analogy with women. There are professional tasters and they can tell you all the ingredients in an item by simply tasting it. These professional tasters have the ability to distinguish between 60, 80, sometimes hundreds of different types of taste, while the average person may only be able to distinguish between 15 and 20. Therefore, if you were to try to tell someone every ingredient that was in Coca-Cola®, you don't have the ability to distinguish and recognize certain flavors and you couldn't do it, no matter how hard you tried. The same is true with men when it comes to feelings. If a woman can process 50 or 60 different feelings, a man can process 15 or 20. These numbers are arbitrary, but the ratio isn't that far from the truth. A woman may distinguish between three and four types of anger, where a man will just simply say he feels "angry." A woman may have eight ways to describe sad and if a man would ever admit to those feelings, he would simply say "sad." So when a man and a woman are intimately connected and emotionally bonded, women frequently make the mistake thinking that since it is fairly effortless for a

woman to arouse such feelings, they can assume that the man will always feel such romantic intensity toward them. They are wrong. I want to tell you that men cannot maintain that level of romantic intensity. They are mistaken because he is in emotional overdrive utilizing his limited number of feelings in comparison to the woman who has a seemingly unlimited amount of feeling resources. After emotional closeness, he will pull away, not because he doesn't love you, but because he has been flooded; and when he pulls away, you're not going to chase after him, because you will fully expect this since he is a man. You're also going to be careful of your tone because the biggest thing for men is to be respected, even more so than being loved. Saying sweet words to him— that's nice—but when you're upset with him and you don't raise your voice and you don't make biting comments, that actually will mean more to him than all the sweet words in the world. Respect to men is what love is to women. And a woman's tone is one of the things men pick up on that they're not fully able to describe but they recognize as harsh or disapproving. Perhaps you say you don't know how. I bet you do. If you wanted to get something from a man, regardless of your mood, I think you would do a very good job of watching your tone and watching the words you use. It would be work, but you could do it. I am not asking you to maintain that high level for your entire relationship, but when you give someone what they want, that's when they're much more likely to give you what you want.

These four rules you will live by for three months after your relationship is rekindled. As you follow through with this program, you're going to make it a point not to take him for granted, and you're not going to let him take you for granted. If you let him take you for granted, you will revert back to the very things that led to your breakup. He will take you for granted if you do not follow through with these four rules. And if he is taking you for granted, you're not simply going to talk about it and then talk about it some more. No, words are for women. What men respond to is the action you take, or the lack of action, creating distance and since he is a man, you give him the distance he deserves for daring to take you for granted. When you set a limit with him from this point forward in your relationship, you will only bring up your point with him and if there's no response, let the distance begin. And that may mean leaving him alone for a couple of days...that may mean simply telling him, "I'm upset with you," but you're not going to give in simply because you're lonely.

One particular couple I know was on their way back, after breaking up, toward having a wonderful relationship. All was going well. The woman was so hopeful. Then her boyfriend said something at a party that was, by all measures, rude and insensitive. Normally she would sulk and not say anything; then, when

he didn't approach her that night or the next day, she would call him and she would yell and fuss at him. This time, though, she was prepared for it. She made mention to him that his rude and insensitive comments that evening had hurt her feelings. Her boyfriend sarcastically said he was sorry, but he actually had made more fun of her than he would admit, so she began to pull away emotionally and didn't say anything to him the rest of the night or the next day. Initially this was wonderful for him! Wow! No fighting, no arguments, this is great. But the second day, without any contact from her, he called her up just to ask what was going on, and she maintained her distance by simply saying "nothing". He tried to elicit some conversation, and she responded politely without any life or enthusiasm, almost like a dead fish.

At some point in the conversation, he asked her, "What's wrong with you?" And there was the opening she had waited for. She replied almost as if on cue, "I am still upset with you." And that's all she said. And he launched into a, "What are you upset about? Are you upset about two nights ago? You're always so sensitive." And she did not say a word. Her silence spoke much louder to him than all the words in the world. And even though it felt to her like she was swallowing it and allowing him to take advantage of her, she maintained her composure on the phone. After 15 minutes of him trying to goad her into a fight, he hung up. Three hours later, he called back, and asked if she was still not over it yet, and she said simply, "No, I'm not." Frustrated he hung up. The next day he called and told her how sorry he was. He hadn't meant to hurt her feelings, and he, like most men, realized the whipping he had just taken from his girlfriend who had humbled him without raising her voice or saying one harsh word or in any way offering to teach or point out his flaws. This is the characteristic you're going to have and maintain as your relationship continues to progress with him. For the rule on capturing a man's heart is: if you cannot handle (manage, outlast, not give in, etc.) a man when he is angry, then he cannot possibly trust you when he is scared. If you back down, or grovel, or react, then he will not feel safe enough to open up his heart to you.

What you saw this woman do was not only outlast him, but also train him that she was a safe person to come to when he had fears or when he was upset by something. In doing so, she was creating a bond with him by showing in a different way that she could be ideal feminine, and this is one of the things that every man hopes for in a woman—like his mother, she will know how to handle him in any situation. It would be a fantasy to think this is possible all the time, but when you're able to do it, it will create a deeper bond with him.

Can you see that by doing all that is in this book you will be acting as though you have a well-rounded life, and you're not going to need to get all of your emotional needs met by him? You're going to

do some things for yourself. You're not going to put too much pressure on him to be your one source of intimacy and closeness. If you do, he will feel like your father. You are responsible for your happiness, not him. It doesn't mean that you're supposed to be self-sufficient and never need anything from him, but no man can meet a woman's every emotional need. Most women, 10 years into marriage, would echo the same words I'm telling you. That is, those women whose husbands adore them.

As you are attentive with all these things you have just learned, you will find that the relationship doesn't go back to normal. It transforms into something that you always hoped it could be. Your boyfriend or your husband, who has come back, will find that he feels less pressure for making you happy. It will seem as though you are easier to please...that if he does something wrong or inconsiderate, you'll point it out sooner instead of letting it accumulate. This means he will be more inclined to take risks with you and not worry that days or weeks later you're going to bring up something that he had no idea he had done wrong. Not only will you have transformed yourself, you will have transformed your relationship. You will not have left it up to him to make things better, for only a foolish woman leaves it up to a man to make a relationship excellent.

As the woman, you are the expert on your relationship. You know far better about its nuances than he ever could or will. You take on that responsibility, not to do all of it, but you are the heart. You are the one that pays attention to it. And just as an animal trainer understands the animal it's trying to train, you now have a better idea of what it is your man needs. And as you remain consistent with these principles, you will find that he will want to spend time with you and protect you, and he will view your breakup as something painful that he never wants to go through with you again. You will be part of his life and his heart and so interwoven with his existence, that he will find himself not wanting to share you with anyone else.

## EXERCISE 7.2

Recap:

While you were reading this book, what was the most helpful thing you read or discovered?

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What will be your biggest challenge?

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What can you do or who can you contact that can help you meet that challenge?

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What was the biggest mistake you learned not to make in the future?

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What other readers have told me is that it was helpful for them to reread the certain sections weeks later to see if they were following the plan specifically. This fact is especially true if a few weeks has passed and you feel as though nothing is happening. If you find yourself growing tired of all this work, then there is one question that will help you decide what to do:

Do you think that your desire to get back together with your ex is strong enough that you can overcome that hesitation or resistance? Circle one

YES NO

As long as you are motivated then there's not need to stop. You'll never know unless you try. I truly do hope that the love of you life is worthy of someone like you who is willing to do so much so that he can realize what he might be losing.



## ~ SUGGESTED READING ~

Here are some additional resources for your consideration. Not everything will apply to you but you might gain an insight or two from each book.

### **How to Get Your Lover Back: Successful Strategies for Starting Over (& Making It Better Than It Was Before)**

By Blase Harris

### **Romancing The Web: A Therapist's Guide To The Finer Points Of Online Dating**

By Diane M. Berry

### **Love Must Be Tough**

By James Dobson

### **How One of You Can Bring the Two of You Together**

By Susan Page

### **Getting Back Together: How To Reconcile With Your Partner - And Make It Last**

By Bettie B. Youngs & Masa Goetz, Ph.D.

## EXERCISE 8.1

Read one of the above books. If you are not sure which one to start with first, simply go to a website like Amazon.com, read the different descriptions, and pick the one that stands out to you as being most interesting. After reading the book, come back and answer these questions.

Which book did you choose?

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Did this book give you any new insights about your ex, or men in general?

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Did this book give you any new thoughts about how to have an ideal relationship?

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What might you do differently in your life or relationships as a result of reading this book?

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~ ABOUT THE AUTHOR ~

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**The Relationship Doctor**



Bob Grant, “The Relationship Doctor,” has written numerous articles about men and relationships and 3 additional programs entitled The Woman Men Adore...and Never Want to Leave, How Do I Get Him Back and How to Find the Man of Your Dreams.

He has appeared on both Television and Radio on such shows as The Dr. Robyn Show, The Jaci Rae Show, Singles World Talk Radio and Marriage and Family Today.

Bob currently resides in Atlanta, Georgia, with his beautiful wife and their wonderful baby girl.