



Reattract Your Ex

How to Change How your Ex-boyfriend *feels* about you

Hi. I would like to thank you for downloading this.

First just a quick recap on what you discovered from the case study.

First... you must wait at least thirty days from the breakup... until you get in touch with your ex again. The longer you wait... the better.

Second... during the thirty days... you must change how you look... because... you want to change how you *feel about yourself*... and change how your ex sees you. You don't want him to think that nothing has changed.

Third... send him your first contact e-mail or text message... asking him to explain why he broke up with you in one sentence. If he doesn't give you one reason... or gives you a vague or BS break up line... wait a couple of weeks and try again. Eventually he will give you 'the' reason.

Fourth... Give him a powerful reason for meeting up with you for a cup of coffee. Keep trying until you get him to meet up.

Fifth... Gradual escalation... from meeting up for coffee... to dating him again... and beyond.

To go from meeting for a cup of coffee to dating him again... you must...

Change how your ex feels about you...

Right now, your ex has negative feelings towards you. These must be removed, and changed into positive feelings.

The good news is, this isn't going to be as difficult as you may think..... because..... we all re-write history in our own minds.

Nobody remembers past events with 100% accuracy. We only remember selected parts of an event, and our opinion on the event been good or bad, can change.

Janet is at Rachel's party. After two boring hours, Janet decides to go home. She stands up, walks into the kitchen to say goodbye to Rachel, and bumps into John.

*Your memory of past
events is never
factually correct.
Everybody re-writes
history*



Reattract Your Ex

Janet and John get talking, they get on really well together, and after fifteen minutes, they leave the party together.

The next day, when Janet remembers Rachel's party, she remembers having a 'great time', even though the party was actually boring. Janet only remembers the last fifteen minutes of the party, which she enjoyed, and forgets the first two hours, which she didn't enjoy.

Janet has just re-written history.

One week later, Janet finds out John has a girlfriend. She confronts John with this, and he admits the truth.

Now, Janet re-writes history again.

When she remembers Rachel's party, she will say it was a 'terrible' party, and the next time she gets an invite to one of Rachel's parties, Janet will be very reluctant to go. Janet will not remember been bored at the party, nor will she remember how good she felt when she met John.

All she will remember is how bad she felt, finding out John already had a girlfriend.

This is an example of how we re-write history.

So, all the bad feelings your ex has towards you, can be 're-written', and replaced with positive feelings.

To do this there are four stages.

Stage 1 – *Remove yourself from your ex's life*

For the next few weeks, you must have no contact at all with your ex. If you can't avoid your ex, or if you bump into him, be polite and walk off. If you must talk to your ex, keep it short, and don't have a deep conversation with them. Just keep your conversation short and polite.

You are doing this because you want your ex to 'forget' about you, and to focus on something else.

In reality, your ex won't forget about you. It is impossible to forget about someone you once had an emotional connection with. But, as the weeks pass, the memories will become distant, and it will become easier for your ex to re-write them. Distant memories are easier to re-write than

When you remove yourself from your ex's life, their memories of you will fade, making it easier for you to re-write them



Reattract Your Ex

fresh memories.

It doesn't matter if your ex has found someone new, it's actually a good thing. It means he are not actively thinking about you, or any 'memories' with you..... which makes it easier for these bad memories to be re-written.

Stage 2 – get your ex out of your thoughts

When you re-establish contact with your ex, and you begin the re-attraction process, you want to start with a clean slate. Your memories of your ex must be distant, and your ex's memories of you must also be distant.

By getting your ex out of your thoughts, you push the memories into the background, making it easier to re-attract your ex. The idea is, you don't want to be chasing your ex because you are desperate to get him back, afraid of being on your own.

Instead, you want to choose to take your ex back. Different mind-set.

Here's how to get your ex out of your thoughts:

1 – Get rid of everything that reminds you of your ex. Either throw them away, burn them..... whatever..... get rid of the reminders.

2 – Purge your computer of the reminders as well. Delete all the photos.....

3 – Write down on a piece of paper your ex's contact information, and put it away in a safe place. You will need this information when you re-establish contact.

If you don't throw everything away, and hold back some items, you will struggle to get your ex out of your head. You will be clinging on to the reminders of how things used to be, and not focussed on the future.

Your aim is to throw away all of the 'old', and if you are successful in getting back with your ex, you create 'new' memories. New photos, new reminders of your 'new' relationship with your ex. You must stop thinking of the past and only think about the future.

Stage 3 – Change how you feel about yourself

Get rid of the 'old' memories of your ex, to make room for 'new' memories

To change how someone feels about you, first change how you feel about yourself



Reattract Your Ex

To change how your ex feels about you, you must first change how you feel about yourself. If you feel down, depressed and miserable, other people will notice, and they won't want to spend time with you.

However... if you feel great, happy, on top of the world, other people will also notice, and treat you very differently... they WILL want to spend lots of time with you.

If you want your ex to see you in a positive light, you must first feel positive. Here's how you do this:

1 – Change your appearance.

The way you feel about yourself is reflected in the way you choose to dress. Look at how unhappy people dress, and now look at how happy people dress. Happy people tend to take care of their appearance, unhappy people tend not to.

When your ex sees you, you want the change in your appearance to be immediately noticeable. Your ex's 'old' memories of you will be pushed into the background, paving the way for 'new' memories.

2 – You must have a life.

People with active lives are always far happier than people who just tread water. Write down a list of goals you want to achieve, and write down how you are going to achieve them. Then, spend time every day, doing something to actually achieve these goals. Once you set goals for yourself, your life suddenly has meaning, and you find it much easier to get out of bed in the morning.

People with direction in their lives are far more attractive than people who do not.

When you see your ex, you want them to notice the change in your appearance, and the change in 'you'.

Stage 4 – Create a new you

The person you are right now, your ex doesn't like, and never will. To get back with your ex, you must change.

I don't mean pretending to be different, or doing any acting..... here's what I mean.

When you were ten years old you played with toys, didn't like school teachers..... now compare that with how you are now.

You are a different person now, than you were then. As you've grown older, you've changed.

Ten years from now, you will be a lot different, than you are right now.

*Change is automatic.
Each time you go to
sleep, you wake up a
slightly different
person*



Reattract Your Ex

This is because you've learned more, had more experience, realised things.....

Change is automatic, and we can't stop it.

Given that you are going to change anyway, isn't it better to engineer the change yourself, instead of letting external factors decide the changes?

By creating a new you, *you* are taking control of the changes.

Here's how to create a new you.

1 – Thoughts cause actions

2 – Actions create habits

3 – Habits create character

4 – Character creates destiny

Seventeen year old Suzy works in a fast food restaurant, and hates it. She failed all her exams, has no idea what to do with her life.

One day, she has a **thought**:

"I could be a pop star. Everyone tells me I'm good at singing, I do enjoy it, maybe I should give it a go."

Suzy decides to take **action**, saves up some money, and pays for singing lessons. Her instructor tells Suzy to sing whenever she can, when she is in the shower, when you are driving to work, whenever you are on your own, practice your singing.

After a year, singing is a **habit** for Suzy, and she no longer needs a tutor. Suzy's choice of clothes, friends, nights out..... have all changed.

Suzy applies for the X-Factor, does really well, gets through to the finals..... and wins. Suzy goes on to be a pop star.

This example shows the thoughts – destiny system working.

As soon as Suzy had the thought "I could be a pop star", her life changed, and suddenly had direction. By taking singing lessons, and her daily action of singing in the shower, created the habit of being a singer..... after all, that's what a singer does. A singer, sings.

This caused her behaviour to change. She changed her clothes, friends, her interests changed, all to form her new character of being a singer.



Reattract Your Ex

This in turn, created her destiny, of winning the X-factor, and becoming a pop star.

This is an example of how you can create a new you. Decide on your destiny, who or what you want to become, take action every day until the action becomes habit. Your new character will develop naturally anyway, so no effort is needed there. If you continue working at it, your destiny will come into being.

Other people will automatically notice the new you, including your ex.

Summary

The core principle to changing how your ex feels about you, is to change how you feel about yourself. You do this by giving your life a purpose..... give yourself a good solid reason to drag your butt out of bed in the morning, instead of just automatically doing what you have been doing for years.

Don't try and hide any changes, you want your ex to see them. But you don't want your ex to know you want him to see the changes. You must be subtle about this.

Once you change how you feel about yourself... and your ex-boyfriend sees this... coffee will gradually escalate to dating and beyond automatically.

What to do right now

Right now, we should be at the stage where he wants a second date with you, or you have already had that all important second date.

Either way... most of the work has now been done... and you are very close to getting him back as your boyfriend... permanently.

All that's missing is...

Regular Contact With Him...

This is very similar to regular dating... but it's much easier to make a mistake. As well as actually seeing him and spending time with him... most of regular contact should be by text message.

When you actually talk to him... you have to be spontaneous. A text message conversation... you have time and pause to think... so you are less likely to make a mistake.

If you are ready to take the last step... to getting him back into your life... click below.



Reattract Your Ex

I'M READY



Reattract Your Ex