



# **The Ex Factor: Beating the Odds to Win Back Love**

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## Introduction: Creating Your Own Destiny...

Before you begin reviewing the lessons of "The Ex Factor" I want you to step back for a moment and reflect on your current situation. Think about your life and the different circles of influence that affect it. Visualize all of the people you see everyday...family, friends, co-workers...basically anyone but your ex.

Now look very closely at their faces. What is their perception of you at this stage in your life? You have just lost your romantic partner, and understandably you are struggling with your emotions. But if you were completely honest with yourself, what would you guess those who know you best are saying about you right now?

Many of you realize that friends and family have a tendency to say the right things *to your face* even though they are *thinking something else*. When we are sad we count on our family and friends to support us - that's why we love them. However, the only problem is their support for you can be misleading.



When everyone appears to be on your side it can blind you from the truth. Now that is not to say you shouldn't look for advice in this difficult time, but you must understand it is your own actions that will determine your destiny. You have to separate what advice makes sense and what is simply "fluff". *In other words, no matter what advice you receive it is your responsibility to take action.*

Whether or not you decide to pursue your ex, the results you get will be primarily influenced by the decisions you make. Part of the problem I often see with people who seek relationship advice is that they are too scared to make any decisions. They spend days talking with friends and searching the internet for an "easy button" that will make everything better. Unfortunately that button does not exist, but we all have something that is even better...a mind and a heart.

As you read through this report I want you to keep in mind how strong you really are as a human being. You are emotional, creative, and truly unique in many ways. While your emotions can sometimes work against you, your mind has the power to help you become everything you want to be. The key is to keep everything in perspective and not let negative influences overpower you. You may not have an "easy button", but if you can keep a clear mind you will have persistence and strength. These two qualities alone are enough to put your breakup behind you. What you do with the future is up to you.

One of the most powerful psychological techniques you can use when faced with any challenge is to visualize your goal. So with that in mind, close your eyes again and begin to think about your ex. Think about all of the problems you both have faced recently and then visualize the best possible end to all of this drama. Think about what you would say if you had one chance to make it all better, and after that visualize your ex embracing you and coming back into your life. What an awesome feeling right? *Well, if you can visualize it then it can happen, and you have to keep reminding yourself that.*

The bottom line here is that your mindset has everything to do with your chances of reuniting with your ex. Happiness and confidence are two of the most commonly sought after traits in a dating partner, so there is a pretty good chance your ex is looking for these same qualities. If you lack these two things right now then one of your first objectives should be to regain them. Visualize your goals, push past your negative thoughts, and believe in yourself. In other words... create your own destiny.

All the Best,

*Elliot Beers*

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## Part One: Why Your Ex Left...

A common trait in people who have been dumped is being defensive about why their ex left them. Rarely do you see someone come out and say "my girlfriend left me because I spent too much time playing video games." Instead you are more likely to hear about how shocked they were to get dumped for "no reason at all".

This type of defensive behavior can be detrimental when trying to win back your ex. For starters, the more you lie to your friends about why you got dumped the better chance your ex will get wind of your stories. This can make things much harder as you try to work things out going forward. Secondly, if you can't come to grips on exactly why your ex left then you have very little of chance of fixing the issues that ruined your relationship in the first place!

The best advice is to look at your role in demise of your romance. What could you have done differently that may have changed the outcome? Even if your ex cheated on you there is still room for reflection on your part. After all, if your relationship was stronger then perhaps your ex would not have been interested in anyone else. That might be a tough pill to swallow, but in the end you are searching for the truth...not what you need to hear.



There are millions of possible reasons why your ex left, and since every relationship is different it is ultimately up to you to figure out what happened. However, I am going to discuss a few of the most commonly overlooked causes of a breakup. This should help you begin to identify what may have occurred in your own personal situation.

Here are some often overlooked causes of a breakup...

### **Too Much Negativity**

This can include a number of different scenarios, but the most obvious comes from a personality perspective. If you are the type of person who constantly complains or belittles people then you may have very well worn out your welcome with your partner. Whining, bitching, criticizing, arguing, and generally having nothing positive to say about anything can be extremely difficult for your partner to deal with day after day. This type of negative attitude will literally suck the life out of any relationship.

### **Lack of Romance**

This happens to a lot of couples and it basically boils down to a loss of attraction or being completely bored in a relationship. Some partners can make the problem worse by avoiding affectionate behavior and/or never instigating affection. If physical attraction is not being felt from both sides then there is a problem. Romance and displays of affection are a very important part of being in love. Without them there is not much that distinguishes the relationship from being a simple friendship.

### **Poor Listening**

Good communication relies heavily on good listening. People who constantly dominate conversations think they are the most interesting person in the room, when in reality everyone else wishes they would just shut up. Being a good partner means being supportive, and this is awfully hard to do if you don't listen to your lover's thoughts and ideas. No one likes to feel bottled up with their emotions, and if our significant other won't listen then it is easy to feel unappreciated.

### **Lack of Space**

Sharing a romantic relationship with another person certainly involves its share of sacrifices, but it shouldn't require us to lose our independence. Spending quality time together is important; however it can lose its allure when we don't have any time apart. While men seem to seek more "away time" than women it is

healthy for both sides to have some independent time. Smothering your partner can be a sign of self-esteem or trust issues. Unless these conditions are dealt with then it will difficult for the sufferer to sustain a normal relationship.

That completes my overview of the most overlooked reasons for a breakup. All of the reasons mentioned are rarely discussed by people who have been dumped. Either they don't want to admit these issues were part of the breakup or else they are just too ignorant to see fault in their own ways.

Whether or not you tell anyone else why you were dumped, you should at least be honest with yourself. Hiding behind lies and spreading rumors will not get your ex back, and it certainly won't help you mature as a person. If you have problems then do something every day to overcome them. It won't happen overnight but even a small improvement might catch the eye of your ex.

## **Part Two: What Your Ex Wants...**

Once you have identified the areas you need to work on for yourself, it is then time to consider your ex's needs. Understand that the most basic reason a breakup occurs is because one side does not feel fulfilled with the relationship. In other words, they want something more so they leave in search of a more satisfying situation.

Many times you'll find a strong correlation between the reason your ex left and what they want. For example, if Teddy left Lori because she was too needy, then most likely Teddy will look for more freedom in his next relationship. Sounds simple enough, right? Indeed it is, but presenting the solution is not as easy.



In your ex's eyes the best way to meet his or her needs was to leave you behind. This means they did not see any hope in working with you to reach an agreement.

So not only do you need to fix the problem (meet their needs), but you also must convince them that it is worth their time to give the relationship another chance. The second part is often much harder than the first.

We all have our own interpretation of the perfect lover, but there are several things that just about everyone hopes to experience when dating. The first of course is happiness. We all want someone to smile and laugh with. Next is excitement. If life was fulfilling as a single person then no one would bother to date anyone. Last but not least is attraction. Most people think of this in a physical sense but it can also be emotional. In short, we all want someone who fulfills our desires.

So if you compare the basic needs listed above with the shortcomings of your own situation then you should have a good idea of what your ex needs to feel satisfied. Knowing is only half the battle however. You still need to take this information and package it in a way that will make your ex rethink their decision to leave you behind.

### **Part Three: How to Win Them Back...**

To entice your ex back you need to recreate the feelings that brought you together in the first place. Remember how exciting your first date was? The anxiety of the unknown and the promise of the future probably had your mind spinning. This anticipation and attraction created the perfect atmosphere for the sparks of love to fly. So how do you recreate these feelings after everything that went wrong in the recent past?

The absolute key to success is make your ex WANT you again. This is a simple philosophy to read aloud, but it requires a lot of creativity to pull off. To do it you need to build up the attraction, anticipation, and mystery in your relationship.

The first step is to grab their attention and get them talking with you again. The best way to do this is to simply tell them you understand why things went wrong and agree to take some time away. This should come as a total surprise to your ex. They have likely been avoiding you to keep from listening to you beg for another chance.

Once you are on speaking terms again you have to keep your ex guessing about your motives and actions at all times. Maintain a sociable relationship but never use the word "friends" to describe your status. Some days you might innocently flirt with them, and other days you simply say hi and rush off in the other direction. Make sure they see you having fun and living life to the fullest. Remember the motive is to flip the script and have them wanting you back.

This stage of winning back your ex is the most difficult because it requires a lot of creativity and persistence. There is a fine line between flirting and friendship, which is why you need to think about every move ahead of time. Keep in mind it will likely take between 30 and 60 days to truly change your ex's perception of you.



For the first few weeks the "bad times" you had together will still be fresh in their memory. You definitely don't want to bring these up in any of your conversations because the goal is to keep everything positive. If you do a good job at this while maintaining a flirtatious approach you will slowly begin to open up the possibility of getting back together.

*Warning...*do not jump too quickly into physical affection! One of the strongest motivators you have working for you is physical attraction. If you share this with your ex before their feelings for you have come back then you will ruin your chances at a long-term relationship. Let the passion between you slowly nurture itself before you give in.

## **Part Four: Sealing the Deal...**

Once you reach the point where you know you and your ex have developed a strong chemistry then it is time to officially get back together. The best way to get back together is similar to how you first started dating. You can either wait for them to ask you out, or you can do it yourself. Whichever you choose it should be verbalized as an official date (you don't want any friendship discussions at this stage).

The critical period will be the first few weeks of dating. It can be easy to slip back into your old routines and behaviors, which is why it is up to you to keep things exciting. My advice is to do something completely new for at least the first five dates. You need to make an impacting impression on your date in order to build up the levels of attraction and anticipation. The more they want you, and the longer you keep them wanting you, will give you the upper hand in how things will go.

Even when things are going well always remind yourself of the tough times you have overcome. It is essential to reflect on your behavior so you don't make the same mistakes that caused your first breakup. But if you live life to the fullest and concentrate on being a supportive partner then there is no reason to doubt you will live happily ever after!

## **Part Five: Overview and More Help for Special Cases...**

Hopefully this report has helped you understand the essential steps to getting your ex back...

**Step 1:** Clear your mind and focus on what is best for you. Take action and be confident in yourself.

**Step 2:** Reflect on your relationship and be honest with yourself about what really caused your breakup.

**Step 3:** Work on rebuilding communication with your ex. Start by letting them know you understand why things didn't work out and ask for time away.

**Step 4:** Slowly generate interest from your ex by being sociable, fun, and flirtatious. Don't use the word "friends" and don't jump into romance too early.

**Step 5:** Keep building up the chemistry you until you get to a point where your ex wants you back. Entice them by being spontaneous and unpredictable.

**Step 6:** Get a commitment. Begin dating slowly just like when you first met. Try not to get stuck in the old routine with the same places and faces.

**Step 7:** Learn from the past to keep your future bright!

Most people understand this plan but they end up having trouble with the execution. They can't think of what to say to their ex or when to make the initial contact. There are others who simply feel overwhelmed by the whole process.

If you feel like you could use some more advice on what to say and do to create attraction and get your ex back then I recommend you check out the following resource. The author is a great guy who really cares about helping his readers.

### **[The M3 Breakup Solution System by Michael Griswold](#)**

The M3 course is really a treasure chest full of tips and strategies to get back with your ex. Michael really focuses on the mindset you need to have in order to open discussions with your ex. More importantly though, he walks you through each step of re-creating attraction with your ex...including specific actions not covered in this report.

The Platinum Package is packed with additional content that discusses many of the other issues that come with breaking up and getting back together. I won't list them here since you can see everything on the website.

No matter what, you absolutely must watch Michael's intro video - it is awesome!

**[Click Here to See Everything](#)**

And don't forget to check out some of the relationship articles we have at:

[http://www.getbackmyex.com/Relationship Advice Articles.html](http://www.getbackmyex.com/Relationship_Advice_Articles.html)

There are lots of good tips buried in there if you click around. I will also be sending you more helpful advice through our email newsletter.

Now it is up to you to get started. Reflect on the past, set goals for the future, and most importantly...take action!

Best Wishes,

Elliot

[GetBackMyEx.com](http://www.GetBackMyEx.com)