The EX-orcist

I reflected deeply when my First long term relationship went south. I took some shallow notes about why it went south in the first place and what could have been better.

I had a hard time letting go so I was prepared to go pretty far to get the situation back to where it was before. Do I hear you say why?

Let me contemplate my reasoning, it is pretty straight forward.

Because I had zero abundance and I was practically a chode. I was scared to start from scratch again and meet new women. I was suffering one-itis and was morphed in such a way that it was difficult for me to say hi to a random girl in a nightclub.

Nowadays people say that I would even talk to a cat..

Enough with the weak introduction. Let's get to the actual topic.

So you want her back, are you sure?

Seriously do not skip this part and if you do I will hunt you down and f*ck your ex right in front of you. Guys like me only exist because there are guys like you.

I can't solve all of your problems in one article but if you take everything that I have to say to heart well you at least stand a fighting chance. If you want to get your ex back and keep her you better read and re-read every word. Let's do this..

There are some fundamental questions you need to ask yourself before you even consider to try to get your ex back. These are real important. I don't care that you want to cut straight to the stuff where you read HOW to get her back. I care that it is for the right reasoning.

So you want her back because you love her and you miss how she made you feel? Because you won't meet anyone else as good as her? Because she is the only one? These are the same old answers that pop up in anyone's mind. I understand that this is quite normal if you don't live in abundance but have you heard yourself?

How can you answer all these questions if you haven't gone out and met AT LEAST a dozen other women who couldn't meet or exceed those standards? Are you the guy that cries at home in his lonely corner while pitying himself? If you answered no then good for you, you are on your way.
On the contrary if you answered yes then you are a little beta bitch and slave to your own emotions you little cunt.

You are only focusing on the good things instead of all the shitty parts. Do you remember all those little fights, did she appreciate you at all times?

When you were together, you grew together. Now that you are apart, you'll grow apart. You think you still know her but consider the fact that she might have changed and you don't know her at all anymore.

You still think she is the best you ever had? Where is your pride you little cunt. Know what value you have. Don't have limiting beliefs. You CAN and WILL do better. Let yourself reach full potential.

You need to be hanging out with other girls. You don't have to sleep with them if you don't want to but you do have to hang out, flirt and go on dates. If you hang out with 4 or 5 attractive girls and you still can't stop thinking about your ex then maybe she is worth getting back. If attractive girls is a problem then you are just depressed and wondering if you can get anything else. The fact is grow some balls, man up and learn to have some self confidence.

I know it sucks, you spent a big part of your life with her and now that is gone you'll question everything. It Is normal. If she was your life and you didn't have a lot of people outside of her, it's even harder.

Oh yeah if a girl is reading this switch every girl to guy. It works the same for both of you.

Ok, I still want her back, give me the right mindset

If she left you then you can't come crawling back and convince her to be with you again. I'm warning you that if you want to proceed you will have to approach this with some strong steps on your inner game.

If you really want to use the 'I want to get you back' frame then you need to be a stronger person than the **boy** she left. You need to be confident, you need to control the frame. Don't text her every day, don't send her 5 messages a day and certainly don't beg her to come back with you.

On the other hand if you broke it off then you can acknowledge this as a main and say something like: "I needed my space but I've figured a few things out and I'd like to hang out again. One day at a time for now".

If you have no one else you hang out with than her and you want to see her every second of the day then you are being beta and supplicating to her, you are letting her control it all. DON'T..

You need more going on in your life, you need more interests. You need to be a fun interesting person she wants to be with. Be alpha. Fake it till you make it. The real self is always coming through.

Figure out why she left and become a stronger person.

The babysteps

Before we can get to your inner game we need to handle some other crap that appeals to her emotions. Because we all know women think emotional and not logical.

1. **Control the damage**

NO CONTACT. You are going under the radar. If you were unreactive when shit happened, the better for you but I guess you weren't.. You two are done talking except for a few that will come later.

Change your relationship status so it doesn't show. Change your profile picture to one of just yourself. Do NOT block or delete her you are trying to get her back, not get over her.

2. **Get it out of your system**

Take a week to hate your life. If you don't do it know you will be having pain for a long time to come. Now people will understand it but if you are still pissing and moaning about it everyone is going to get sick and tired off you being a little bitch. Grab some ice cream, throw Bambi in the DVD player. Cry about how your father was never there while you are at it. No matter what get it out of your system because you will be taking some uppercuts that are far worse in the near future.

3. **Becoming the ALPHA part 1**

You probably have a few close attractive girl friends. If you don't it is okay. All you have to do is use an opinion opener about your present situation to find girls willing to help, it is as easy as that. Women LOVE making new guy friends who aren't trying to get in there pants. They love giving advice to guys with their romantic endeavors.

Explain them exactly what it is you are trying to do to get your ex back. These girls are your new best friends. Take them out and look after them. Every women is looking for security and if things fall through with your ex there is a good chance one of these girls wouldn't mind having you. So hit up the clubs and take them shopping. It doesn't matter what you do as long as you and them are having fun. Take tons of pictures and have the girls upload them to their facebook. Blow up your facebook and if you don't have FB don't worry the word gets around heh..

She is going to see all of this and get jealous. This is the reason to not block or delete her. If you already did then don't worry. DO NOT re-add her, girls are creeps anyway so she will get on her friend's facebook if she needs to in order to see.

Whatever her emotional response may be, you remain unreactive. For the rest of your life no matter what girl you remain unreactive.

Any time she tries to contact you, you stay no contact. E-mails, FB messages, texts, phone calls. Delete all of them and ignore. The only time it is acceptable to talk is in person and there you will be nice, polite and cordial. But the second she starts to make digs at you, walk away. You are busy and don't have time for her shit.

4. **Becoming the ALPHA part 2**

Work on your inner game and overall health. Hit the gym, eat right. Meditate and learn to love where you are at. The only good way to develop a strong inner core is to drill it into your brain. Make it an obsession.

There are a few books that I would recommend to help you on your journey:

The power of now – Eckhart Tolle
Awaken the giant within – Anthony Robbins
Unleash the power within – Anthony Robbins
Nathanial Branden – Six pillars of self esteem
The Way of the Superior Man - David Deida

5. **Got the ex back**

You should have put in a lot of work by now. You should be at a place where you are ready to get your ex back, assuming you still want her.. When do you reinitiate contact?

The correct answer is when you are both ready. You will notice when you are ready and when she is ready because you most likely know her better than anyone but herself.

Tell her that you were thinking about her the other day and would like to meet and catch up. Keep it light. A walk, a coffee, ice cream. Focus only on her and how she's doing even though she's going to try to turn the tables and try to find out all about you. After a while if she keeps persisting tell her the truth: your life is great. It should be by now. Tell that you love where you're at and things couldn't be better.

Game her a little but back off on the heavy kino. Talk to her like an old friend but to the light game material. More than usual eye contact. Look at her mouth, compliment her. Do everything from a place of high value. Say you should meet up again sometime but do it in 2 weeks or something. Repeat it all again. By date three she'll probably have already brought it up and if she has simply say "I don't want to talk about that right now". If you discuss it it will be on your terms.

It's not going to take more than an "I miss you". Her heart will melt, but don't give in. Things have to change, you call the shots and lay down the groundwork. You will go slow and build a foundation on honesty, trust and respect. Talk everything out and make sure that everything gets said that needs to be said.

This is one of the reasons that you should learn game. All these problems become obsolete after a while because you live in abundance anyway.

I hope this helped and wish you lots of luck in your future journeys.