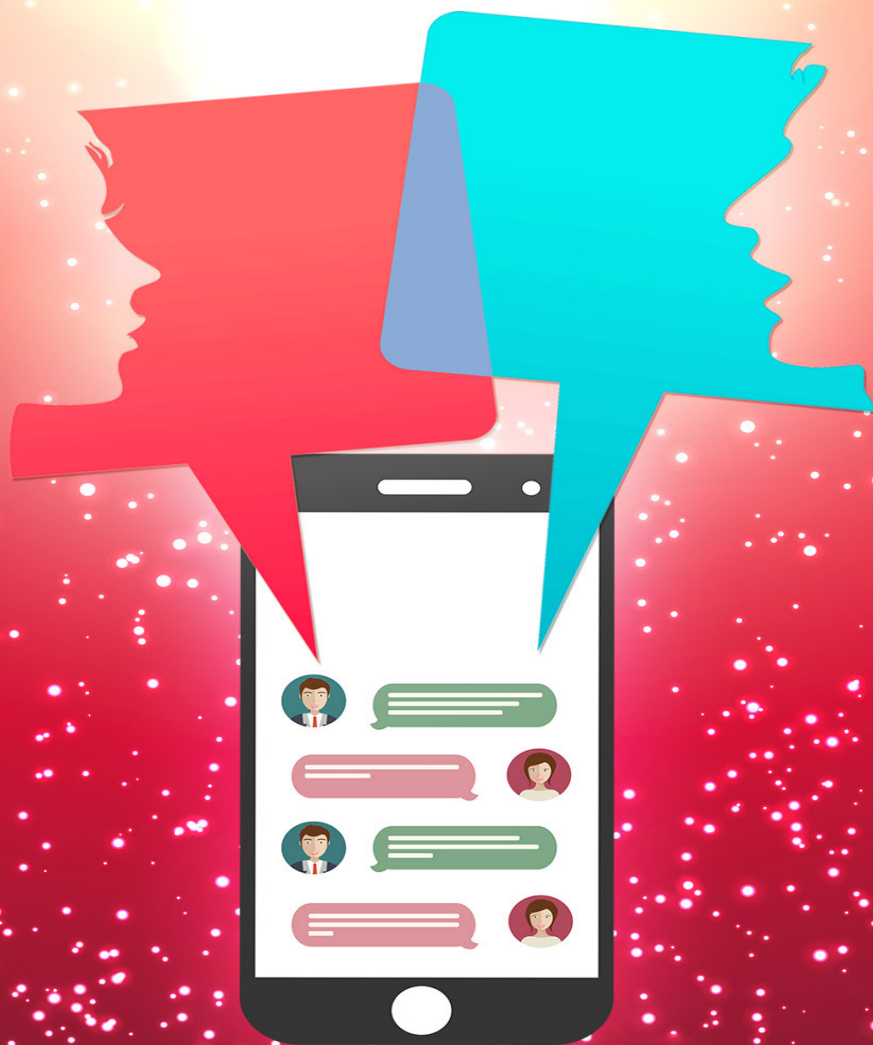




Magic text

M E S S A G E S

Attraction Text Toolkit to
Get Your Ex Back



ASHLEY KAY

Copyright Notice

This book is copyright © 2018 with all rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Disclaimer

By purchasing our products, you understand the content contained within is the personal opinion of Ashley Kay and should be used for entertainment purposes only.

This book is not intended as a substitute for the medical advice of physicians or as professional advice of any kind. If you require advice in relation to any legal, financial, psychological, or medical matter you should consult an appropriate professional.

Although the author and publisher have made every effort to ensure that the information in this book was correct at publication, the author and publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

Table of Contents

Introduction	5
Before We Get Started	6
I. Big-Picture Concepts	14
II. Your Personal “Ex Back” Plan	26
III. Preliminary Positioning	27
IV. Reinvention	35
V. Main Texting Tactic	46
Phase One – Bait	47
Phase Two – Escalation	53
Phase Three – Commitment	63
VI. Breakup Prevention Strategy	68
VII. If You Have to Move On	70

Introduction

Welcome to the Magic Text Messages manual! You have right now in your hands the deadly persuasive, step-by-step texting system for re-attracting your ex, even if they've blocked you, won't listen to you, or are cold and distant.

This manual is chock full of powerful texting strategies to get your ex back that are easy to “plug and play” into your phone right now.

I will show you WHAT to text, WHEN to text, and the potent attraction psychology behind why this stuff works—INCREDIBLY well—and give you the fast results you're after.

You've come to the RIGHT place.

There is no better time than right now.

Did you know that breakups are THE best opportune time to discover about attraction and the powerful psychology of “how your man or woman thinks”? This will not only give you the power to ATTRACT them now, but also to keep them attracted in the LONG TERM.

BIG WARNING! The Truth About Meddling with Your Ex's Feelings

When it comes to persuasion and attraction, there are NEVER any guarantees. Anyone who tells you otherwise is a scammer. I can't promise you by implementing everything in this manual you will get your ex back. No one can make that kind of guarantee.

Your ex is a person with their own feelings, thoughts, and desires.

You can only persuade them up to a certain point, but at the end of the day, FREE WILL kicks in.

There is no technique, trick, or magic of any kind in the world that can get your ex back if they don't want you! It will not matter how perfect you look or act. Respect your ex's decision if they are no longer interested!

With that said, with this manual, you have the maximum chance of getting them back as long as there is still something left between you.

And if not, you can use the exact techniques to help you attract someone BETTER in the future.

Before We Get Started

You will need:

- ♥ a positive attitude,
- ♥ your phone with texting capabilities,
- ♥ and openness to TRY NEW THINGS.

Optionally, you also need Facebook or the equivalent to complement some of the strategies within.

First things first. Let's get your mind ready for action and results.

Positive Expectations

You must prepare your MIND-SET for positive expectation and

results. In order to achieve great things, you must have the confidence and positive attitude to carry out the steps.

If you're constantly in a bad mood with negative thinking, this will block you from getting results.

This is MORE IMPORTANT when you're trying to influence another human being.

This is not like doing a math equation where $2 + 2 = 4$ and it will ALWAYS equal 4 whether you're in a good mood or a bad mood.

When you're trying to influence another person, your ENERGY, POSITIVITY, and MOOD come into play.

You have to "lead" with the right energy if you want your ex to follow.

Feel Confident NOW

Why care about this?

Because bad emotions make you feel HOPELESS, NEGATIVE, and UNATTRACTIVE.

I know you want your ex back as quickly as possible, but bad emotions will only PUSH your ex away.

I want you to move from a state of BAD emotion to a state of GOOD emotion.

Good emotions are:

- ♥ Feeling confident
- ♥ Feeling positive
- ♥ Feeling in control

Now, to move from bad emotions to good emotions, we must "move

through” a series of steps.

It’s hard to jump from bad to good in an instant. Therefore, we must take “baby steps” first. I’m going to expose three lies that are stopping you from feeling good about your breakup:

Lie #1. You THINK You Want Your Ex Back

First, we must get down to the truth. There is a layer of lies that stands between you and what you want (getting your ex back).

Let’s peel back the layer of lies.

You think you want your ex back.

You think you want your old relationship back.

But you really DON’T.

The truth is, your old relationship was FLAWED. Your ex is not perfect. You are not perfect. Your relationship had massive problems, which eventually led to your breakup.

Did you know that 80 percent of couples that get back together, break up again within a few months?

Let me ask you, do you really want to get back together just to break up again? Probably not.

The truth is: you can’t “go back.” You wouldn’t want to.

Just as you can’t “unlearn” how to drive a car or “unlearn” what love feels like, you can’t “go back” to an old relationship. Even if your ex came back, your relationship would NOT be the same.

Even if you could erase the mistakes and start over, would you really want to?

Imagine your ex magically forgave you and all your mistakes were “wiped clean.” Guess what? You would just remake those mistakes

over and over, break up over and over, feel the pain of heartbreak over and over.

It would be like some kind of Groundhog's Day nightmare. (By the way, if you haven't seen the classic movie Groundhog's Day, you should. It shows you the consequence of not learning from your mistakes in an effort to get the man or woman you want).

FACT #1 REVEALED – If you want your ex back & want to KEEP them, you must bury your old relationship for good.

Lie #2. Your Past Relationship Is the Best You'll Ever Have

This lie is so deadly it may set you back months if not YEARS trying to get back what you lost.

But you can't "undo" your feelings about your past.

Nope, we can't undo them, but we can REPLACE them.

The new truth is you need a NEW & BETTER DREAM.

If the past is a dead end, the future needs to be IRRESISTIBLY ENTICING for you to be motivated enough to move toward it.

Now this might surprise you.

But a lot of people aren't nearly as excited about their future as they should be. This is especially true when you've just been dumped.

When you go through a break up, it's not just the loss of a partner you experience, but also the loss of a DREAM LIFE together.

This can be really devastating if you were banking on a life with your ex and that is now suddenly taken from you.

This is what I call **Compounding Loss**.

When people break up, they're not just losing a partner; they're often losing half (or more) of their income and savings, their home, a father or mother figure for their children, the possibility of having children in the near future, the possibility of getting married, the possibility of being comfortable, being supported, and being loved, etc., etc.

See? When your future finances, lifestyle, comfort, and DREAM is shattered in an instant, that's a VERY hard pill to swallow. Most of it isn't even ABOUT your ex. It's what your ex symbolizes for you.

Many people dive headfirst into depression when they think about their Compounding Loss.

You can't erase it, but you can REPLACE it.

I've used this exact method to feel GREAT even in the midst of crappy bad situations.

Recreate your DREAM.

Here's how.

First you must have . . .

"Absolute Belief in the Impossible."

This is the belief that ANYTHING is possible. With persistence and determination, it's only a matter of time before you get what you want.

Look, any great achievement by man (and woman) was first a THOUGHT in someone's head.

- ♥ Who knew a 500-ton metal object could fly (airplane).
- ♥ Who knew we could "talk" to anyone in the world in a matter of seconds (the internet).
- ♥ Who knew a 22-year-old could become a billionaire (Mark Zuckerberg CEO of Facebook).

Obviously the possibility was there from the beginning—but it took someone to believe it was possible to actually make it come true.

Now, you don't need to become a billionaire or create the next "Einstein-level" invention. But if someone could manifest any of these

“impossible” things, do you think you could make your own dream come true?

What if it was just to make one-tenth of that dream come true?

It's vitally important you believe your DREAMS can come true.

Because they can.

Second.

You must have the belief:

“Breakups make you a better person.”

How do you become great at anything? Did you pop out of your mother's womb and instantly know how to do everything? (Although that would be kind of cool.) Or did you have to make mistakes and try things and make more mistakes until you got better?

It's only by making mistakes that you can improve and get better at anything.

The same is true for relationships.

Breakups teach you how to be a better partner, how to be a better person in general, and what you want and need from a relationship.

If you never had a breakup, you would become complacent, lazy, and arrogant. In fact, you may have seen signs of this in your previous relationship. Complacency is one of the biggest killers of a relationship.

FACT #2 REVEALED – Create a NEW & BETTER dream for the future.

Imagine you're not just a better partner, but also a better person. Imagine your relationship will be much more fulfilling and much more intimate, and you have the kind of passion and excitement that other people WISH they had.

Lie #3. Your Ex Has Completely Erased You from Their Life

This one can certainly FEEL very real.

If your ex has blocked you, deleted your contacts, will not respond to your messages, is living life to the fullest (at least on Facebook), and is basically just carrying on as if your relationship never happened . . .

You'll definitely buy into this lie.

The new truth is YOUR EX IS SUFFERING TOO.

Yes, your ex is suffering! Even if they're posting how happy they are in their NEW relationship on Facebook, or acting as if you never existed to them, it's a RUSE.

In fact, the more an ex tries to act nonchalant about a breakup, the more true the opposite probably is!

It's not uncommon for both sides, whether someone did the dumping or not, to take YEARS to fully get over a breakup.

Check out these SHOCKING statistics.

Out of 1,000 people surveyed at YourTango.com, as high as 71 percent of people still think about their ex. And the percentage is even HIGHER if they're single (81 percent).

Further, 76 percent of women and 70 percent of men have looked up an ex on the internet. And 50 percent of women and 40 percent of men say they look at their ex's Facebook or other online profile too often.

Frankly, this doesn't surprise me at all.

If you have shared a meaningful history with your ex, it means you will—in some ways—ALWAYS be a part of them, and they will ALWAYS in some way think about you and wonder what you're doing.

So don't worry that they've forgotten about you or don't care about

you. The fact is they can't erase you from their memory even if they want to.

With me so far?

Now that your mindset should be POSITIVE, you're ready for some action.

I. Big-Picture Concepts

Attraction Is Perception of Value

What is this manual really about?

This may SHOCK you.

It's not actually about "getting" your ex back. The word "getting" or "to get" implies you need to cajole, convince and somehow "lure" them to come back. As if you need to trick someone into being with you.

This is the lowest form of manipulation you can use.

It's, quite frankly, BENEATH us.

What you want to do instead is to ATTRACT your Ex—NOT by force, but by the science of attraction.

When you ATTRACT (instead of "get"), your ex is the one begging, pleading, and trying to convince YOU to be with them.

The mindset here is VERY important.

Remember.

Attract, not get.

So how do we attract someone? How can we become more attractive, more magnetic, and more irresistible to our ex (or anyone we want?)

What makes someone attractive is NOT just about their looks, their

money, or their success in life. Yes, these things can certainly increase your attractiveness—but they are surface-level stuff.

The power to attract comes down to PERCEIVED VALUE.

The higher your perceived value, the more attractive and magnetic you are.

Think of perceived value as how we “rank” ourselves in COMPARISON to other people. We all have a perception of where we sit on the value scale.

You can think of value as a number out of 100. Even though in reality there is no real number.

Celebrities naturally have a very high perceived value. Their number is probably in the 90+ range.

This is just as a GENERAL RULE.

Everyone’s perception of value is slightly different!

To keep it simple, how ATTRACTIVE you are is determined by your PERCEIVED VALUE.

Perceived Value Formula

The makeup of a person’s perceived value follows this simple formula:

$$\mathbf{PV + VBA + LV = Perceived Value.}$$

Did your eyes cross over?

No, you’re not meant to know what this means yet. I didn’t just throw this in to confuse the hell out of you.

Let’s break it down:

PV = Present Value

Present value simply means:

What someone knows about you and how you make them feel.

For example:

If your ex thinks you're a happy, smart, and cool person AND you also make your ex laugh and feel good, your perceived value will be HIGH.

Present value is how you directly influence and make someone feel or think about you. It can be very powerful by itself, but let's keep going to the next part of the formula.

VBA = Value by Association

Value by association simply means:

Who you hang out with or are seen with can directly increase or decrease your perceived value.

For example:

Imagine Oprah Winfrey, a top-shelf celebrity who is all about self-development and growth, was seen hanging out with a lowlife from the wrong end of the neighborhood.

Do you think it would affect the way you perceived her?

It's not a coincidence that people of high power hang out with other people of high power. It's not a coincidence that attractive people hang out with other attractive people.

Most people, at least subconsciously, understand this fact.

Remember, your ex will JUDGE you based on who you hang out with.

Now let's move on to the last determining factor.

LV = Lifetime Value

Lifetime value in terms of dating and mate selection is not about your perceived value in the NOW but your perceived POTENTIAL value in the future.

It's like playing the stock market. People want a stock that is not just going to remain at the same price, but will increase in price over time.

Those stocks, even though cheap and uninteresting in the beginning, are seen by experienced brokers as highly valuable and lucrative.

The SAME is true when selecting a mate.

For example:

It's not enough that you can make your ex laugh, smile, and feel good for a moment; you also have to consider how they view the "future you" and your "future relationship" together.

Ideally, you want to increase and maximize your present value, value by association, and lifetime value for the full impact. However, if you were to focus on JUST ONE, I would go with increasing your present value.

Remember, this is influencing how your ex thinks and feels about you.

During the section [V. Main Texting Tactic](#), I'll give you plenty of text examples that influence the way your ex thinks and feels about you.

We will also touch on the others as well.

Increasing Your Present Value

How do we increase present value?

There are two main ways to do this.

Through addictive emotions and gap closing.

Let me explain what these are.

Addictive emotions are emotions you evoke in someone that are desirable, pleasurable, and “addictive.”

Laughing is an addictive emotion. If you can make someone laugh, you’re triggering powerful positive emotions that are ADDICTIVE.

And who doesn’t like to laugh?

Going “deep” into a topic also evokes pleasurable and addictive emotions. When you talk about something in detail, describing color, sound, feelings, etc., that has the power to evoke addictive emotions.

The reason why books can be so addictive is because they go into details on certain aspects of humanity in which we DON’T often experience in the real world.

For example:

Taking two hundred words to describe the way someone looks at you, going deep into describing the gaze, the mood, the lighting, the feeling, the history, etc. behind that look freezes that moment and HEIGHTENS it.

In reality that moment would have only lasted two seconds.

Going deep can also make something plain and mundane appear new and exciting.

Addictive Emotions

Let’s talk about the main five ways to provoke addictive emotions: humor, depth, unpredictability, physical attractiveness, and sexual tension.

1. Humor

- ♥ Being fun
- ♥ Using light banter
- ♥ Using jokes
- ♥ Being lighthearted

This is essentially NOT taking yourself, your ex, or your situation TOO seriously. It's a very endearing and attractive quality.

It's the ability to laugh at yourself if you screw up, get over obstacles quickly, and get back up, dust yourself off, and carry on as normal.

Crucial moments you'll want to use humor are as follows:

- ♥ When your ex rejects you or gives you an answer you weren't expecting.
- ♥ When you DON'T get what you want.
- ♥ When things turn unexpectedly for the worse.
- ♥ When conversations turn dull, uninteresting, and routine.

It's super critical to use humor to neutralize the situation and come back even stronger.

Also, it is super critical to use humor to keep things from getting boring. If things ARE getting boring, it's better to exit the conversation than to keep dragging it on.

2. Depth

- ♥ Ask deeper, more personal questions. (E.g., do not just stick to safe, small talk.)
- ♥ Answer in greater depth about certain topics. (E.g., how you felt, why you felt, what you did, who you saw, what you saw, what happened).
- ♥ Be emotionally honest. (E.g., this is especially important if you broke their trust. What really happened before, during, and after.

How you felt before, during, and after. Why you did what you did. What you were thinking.)

- ♥ Share secrets. What you fear, what you are embarrassed about, what you feel ashamed of, what you wish no one knew. Ask your ex the same (if they're open to this).

The ability to open up and go deep on topics is absolutely key to closeness and intimacy.

I don't expect you to be able to jump to this point immediately. But it's important to understand that BEFORE you can get your ex back, you **MUST** go deep with emotions first. Provoke emotions first; THEN you can talk about getting back together.

3. Unpredictability

- ♥ Be controversial.
- ♥ Be different.
- ♥ Talk about things you have NEVER talked about.
- ♥ Present a side of you your ex has never seen before.

We all have multiple sides to our personality. Sometimes we're immature, sometimes we're mature. Sometimes we're understanding, sometimes we're stubborn. Sometimes we're easygoing, sometimes we're control freaks. Bring out these different sides of you to maintain variety.

4. Physical Attractiveness

Now, this is the **ONLY** quality where you must "show" through Facebook, sending photos directly or seeing your ex in person.

The reason you must also increase your physical attractiveness is because long periods of No Contact, makes your ex almost forget what you look like.

Your attractive qualities also have the ability to kickstart your ex's

physical desire and chemistry for you, which MAY have waned toward the end of your relationship.

The most important qualities to improve on are:

- ♥ Fitness (exercise)
- ♥ Health (eating healthier)
- ♥ Clothing (reinvent with new clothes)
- ♥ New haircut
- ♥ New makeup

Your physical transformation will be just as important as the other elements.

5. Sexual Tension

- ♥ Playful teasing
- ♥ Compliments
- ♥ Overt display of confidence/arrogance without being obnoxious
- ♥ Talk as if you're "together"
- ♥ Talk about sex—what you like, fantasize about, prefer, want to try, etc.

An easy way to avoid the friend zone is to maintain high sexual tension. The difference between platonic friends and sexual friends is the presence of SEXUAL TENSION.

Do NOT be meek or shy about this. You have a history with your ex. You know what they like and don't like. It's important to use it to your advantage.

Sexual Tension is about making your ex feel DESIRED. The aim is to make them blush and think about being sexual with you.

You will want to use as many of these qualities as possible when sending texts to your ex.

Gap Closing

Gap closing is allowing the mind to piece together certain information on their own through basic deduction.

What this means is, it is FAR MORE powerful for your ex to come to their OWN conclusion about something than for you to tell your ex directly.

Consider this:

“A massive line of people has formed outside Donut World.”

Implication?

Donut World is popular.

No one had to tell you this. You assumed based on pieces of information.

Here's another one:

“You’ve met a new friend named Anna. She’s bubbly, fun, and intelligent. She’s always fun to catch up with and will often invite you out for lunch. About 50 percent of the time when you try to schedule something with Anna, she’s out with other people or busy with work.”

Implication?

Anna is fun, popular, and hardworking.

In terms of re-attracting your ex, we must think about what your ex would find attractive NOW about you. Because they probably already know your other traits.

I suggest you start with the tried and tested qualities that are UNIVERSALLY appealing to everyone.

These are:

- ♥ Confidence
- ♥ Non-neediness (enjoying life, purpose-driven)
- ♥ Likeness (compatibility, similar values)

You want your ex to think to themselves,

“Luke is now confident, purpose-driven, and just like me.”

Or

“Samantha is now confident, enjoying life and compatible with me.”

This is powerful stuff.

Gap closing is being AWARE of how your actions and non-actions affect the other person’s perception of you.

Increase Value by Association

Who you hang around with and who you associate with is important to increasing your perceived value.

Possibly the biggest shortcut to being more attractive is to hang out with more attractive people.

Consider the qualities you would like to have. Who has these qualities? Are you hanging around people with these qualities? If not, where can you find them, and can you become friends with them?

In general, you want to hang out with people BETTER than you.

The reason you want to do this is that people of high perceived value not only make YOU look better, but they also push you to become a better person.

Being surrounded by more successful, more intelligent, and more confident people will influence you to also become more successful,

more intelligent, and more confident.

Here's how you do it:

- ♥ Start being aware of the types of people around you. Are they positive, happy, and confident? Or are they negative, miserable, and depressing? Pick your friends carefully to ensure you're influenced the right way.
- ♥ Meet more people and get into social circles in which the majority align with the kind of person you want to be.

When Using Social Posts on Facebook or the Equivalent

A powerful way to use social posts is to take GROUP photos of you with people of high perceived value doing FUN things or just having fun.

This means people who are well-groomed, smiling, happy, healthy, fit, etc.

Avoid:

- ♥ Drunk pictures.
- ♥ Too many pictures with the opposite sex.

The problem with taking pictures with the opposite sex is the risk of triggering your ex's INSECURE side.

I do NOT believe in jealousy tactics. You have more to lose if you do this. And can VERY easily backfire on you.

As a general rule, avoid triggering negative feelings in your ex. Focus on triggering positive feelings instead.

Increase Your Lifetime Value

How do you become infinitely more valuable as a boyfriend, girlfriend, husband, or wife?

To attract someone into a commitment and not just a casual fling, you must understand what drives someone's long-term decisions.

Think of this as investing in a certain stock. A stock may be attractive in the beginning, but if it doesn't have long-term value, it's not going to be nearly as attractive.

To increase your own lifetime value, you must think long term.

Ask yourself:

“What long-term benefits would I bring to a relationship?”

“What is my 5, 10, 20 year relationship goal?”

Take a minute to think about this.

How you answer this question is important if you want your ex to seriously reconsider coming back for good.

Your ex needs to know your vision for the future. If your vision is compelling enough, exciting enough, they'll happily buy into it and want in. If it's not, they'll lose interest.

II. Your Personal “Ex Back” Plan

Every situation is slightly different. Many people are at different stages of their breakup. Some have just been dumped, some were dumped months ago, some are in contact with their ex, and some are not.

To make sure you’re focused on the most important steps for you, you’ll complete a “Get Your Ex Back” Process Map Quiz.

NOTE: Some questions will refer to sections in the manual you won’t be familiar with yet.

After the quiz you’ll know which section you need to pay attention to.

Optionally, you could also go through the manual from beginning to end.

Take the quiz at this web URL here:

<http://ashleykay.com/exbackplan>

And receive your personalized, tailored plan.

III. Preliminary Positioning

Taking A Position: Offense vs. Defense

Take this Action Step if:

- ♥ You have absolutely NO leverage on your ex. You've tried all other avenues to contact them, and they keep ignoring you.
- ♥ They broke up with you within the last 30 days.
- ♥ You have not done something similar already (like apologize or break up with them).

Do NOT do this if:

- ♥ Your breakup was more than 3 months ago.
- ♥ You broke up with them first.
- ♥ You're in regular contact.

Offense vs. Defense

This step is what I call “Taking a Position.” Most people either run after their ex hoping to convince them to come back OR stop all contact and fall into hopelessness.

These are WEAK positions to be in because they’re mostly dictated by “your ex” and are not of your own choosing.

The feeling of hopelessness can pull you even more into despair.

You’re NOT going to do that.

In order to reclaim control, power, and confidence, you must take ONE of two positions: the offense position or the defense position.

The Offense Position or the Defense Position

Think of this as a game of chess.

Your ex has taken their position. Now it’s your turn. Your position should NOT be random. It should be dictated by WHY you broke up. Here’s how:

Take the offense if:

- ♥ Your EX is in the wrong and in all honesty YOU should be forgiving them!

For example:

- ♥ Your ex cheated, lied, withdrew from your relationship, and was incredibly difficult or unreasonable toward the end of your relationship.
- ♥ If you feel in all honesty they should be thanking you instead of dumping you, take the offense.

Take the defense if:

- ♥ You are in the wrong. You screwed up.

For example:

- ♥ You were selfish, complacent, irresponsible, arrogant, stubborn, lied, cheated, and PUSHED your ex away.

The position you choose should NOT be easy. By human nature we want to do what's easy. But what's easy is often the least effective solution.

WARNING!

Before you take a position, you need to be COMPLETELY HONEST with yourself. If you lie, this won't work.

Not sure?

Here's a dirty tip:

- ♥ Get a REALLY honest friend to tell you the truth. Was this breakup your ex's fault or YOUR fault?
- ♥ Tell your friend that you want the truth because you want to FIX the mistake and get them back. If they're a true friend, they won't sugarcoat it.

Still Confused?

Here's another quick and dirty tip.

Do the OPPOSITE of what you would normally do.

If you tend to believe you "know it all" and "you like to be right," it may serve you more to take the defense.

If you tend to believe "others are usually right" or you would rather "please others," it will serve you more to take the offense.

It's VERY important you take a position. The stronger your position to "counter" your ex, the more chance you have of winning them back.

The Offense Position

What you do:

You're essentially BREAKING UP with your ex.

- ♥ You will send a message and tell your ex you agree with the breakup, and in fact, you want to break up with THEM because of so and so reasons.
- ♥ Do NOT be nasty. Say, "We're too different. We want different things," instead of, "You're nothing but a selfish liar and I hope you go to hell and die." Be as logical and emotionally distant as possible whilst you "break up" with your ex.
- ♥ This "reverse psychology" tactic will affect your ex if they are arrogant, selfish, spoiled, or have never been dumped/rejected before. It will get to them.

Text Formula:

"I spoke with my [close family member/friend/mentor] about our situation [time frame/last night/last weekend], and they made me realize a few things. You're right. A breakup was inevitable. We're not compatible. [Reason why.] [Last sentimental comment.] Good luck with everything."

Example:

"I spoke with my dad about our situation last night, and he made me realize a few things. You're right. A breakup was inevitable. We're not compatible. We're both too stubborn and immature. I wish things had turned out differently. Good luck with everything."

Let's break it down:

"I spoke with my dad about our situation last night, and he made me realize a few things."

This first sentence captures attention and makes what comes after CREDIBLE. If you simply said out of the blue, "Yes, I agree, let's break up," that's more suspicious and unbelievable. By saying you spoke to someone and THEY were the one who convinced you, it's much more credible and likely to happen.

"You're right."

Saying, "You're right," means you're neutralizing the "conflict" between you. You're no longer fighting with your ex. You're on THEIR side.

"We're not compatible. We're both too stubborn and immature."

This sentence details WHY you want to break up, without being mean or vindictive. Do not point blame or criticize here. Use "we are BOTH" instead of "You are too stubborn and immature."

Blaming your ex will only anger them.

The Defense Position

What you do:

You're throwing yourself under the bus and agreeing with your ex you're a terrible person and deserve what you're getting.

- ♥ You will send a message agreeing with your ex's decision to leave you because you deserve it. You're a jerk, liar, bastard, bitch, worst of the worst for what you did to your ex.
- ♥ This "reverse psychology" tactic is most attractive and appealing to exes who are empathetic, overly giving, and try hard to please and "fix" the relationship while in it.

Text Formula:

“I spoke with my [close family member/friend/mentor] about our situation [time frame/last night/last weekend], and they made me realize a few things. You’re right. There are a few things I need to work on before I get into another relationship. I [fucked up/screwed up/did the wrong thing]. [Last sentimental comment.] Good luck with everything.”

Example:

“I spoke with my sister about our situation over the weekend, and she made me realize a few things. You’re right. There are a few things I need to work on before I get into another relationship. I really fucked up. Thank you for teaching me about love. Good luck with everything.”

Let’s break it down:

“I spoke with my sister about our situation over the weekend, and she made me realize a few things.”

Shows change in thinking from an external source. It’s more believable.

“You’re right.”

People love being told they’re right.

“There are a few things I need to work on before I get into another relationship.”

Admission of growth and improvement. Very positive.

“I really fucked up.”

Keep pushing that empathy button.

“Thank you for teaching me about love.”

People love being told they were useful, needed, and worthwhile to someone.

“Good luck with everything.”

A “good-bye” message without actually saying the words “good-bye.”

Questions & Concerns

Wouldn't My Ex Just Move on If I Did This?

I wouldn't worry about making things worse. Chances are, if you're using this method, you lack better options anyway. Therefore, your ex would keep ignoring you and moving on anyway.

This method gives you a chance to open a door with your ex. It's better to have some leverage than none.

Breakups Older Than 3 Months Ago

Move onto No Contact, Reinvention, or directly to the Main Texting Tactic.

Let's Recap

Keep both messages short and to the point.

Do NOT end the message with a question or leave it hanging midair. It should sound like a “good-bye” message even if you don't say “good-bye.” Expect your message to have NO REPLY.

The reason WHY this works so well is due to a concept called “Shocking the System.”

Most of the time when an ex wants to breakup it's because they presume they know everything about their partner and the relationship. There is no “newness” anymore.

When you take a position and do something completely OPPOSITE

to what you would do and what your ex expects you to do, it affects them psychologically due to “Shocking the System.”

This will flip a tiny switch in their closed-off mind, called “DOUBT.”

Once even a bit of doubt seeps into your ex’s mind it’s like a DOOR being opened.

This is a door for your ex to listen, to communicate with you, to consider what you have to say.

It’s VERY important you “open that door” BEFORE you do anything else!

Or else they’ll probably just block you, tell you to go away, or abuse you in other ways.

IV. Reinvention

The next important step is called “Reinvention.”

Reinvention is the concept of reinventing yourself so you are perceived as something NEW to your ex. Newness is a very magnetic quality. We’re all drawn to the next biggest thing or the next new invention. It piques our curiosity and makes us pay attention.

But what is even MORE magnetic than “new” is when you combine NEW with FAMILIAR.

It’s human nature to follow routine and do what’s comfortable. So when you combine these two elements—NEW and FAMILIAR—you have yourself a VERY irresistible quality that will magnetically pull your ex to you.

NOTE: If your ex is seeing someone new, you can see how this other person can be temporarily more alluring to them. But remember, they don’t have the second quality: “familiarity” or “history” with your ex. That is YOUR secret weapon.

Reinvention MUST start with No Contact.

What makes No Contact so powerful is the element of DISTANCE.

Right now your ex doesn’t believe or want to listen to anything you say. In their mind they assume they know you already. You’re “old

news.” There’s no point in talking or listening to you.

That’s why your ex can so effortlessly block you, stop speaking to you, and erase you from their life.

The fix is to “Shock the System.”

Do something completely unexpected and NEW so they are left scratching their heads thinking, “Hmm, maybe I DON’T know Margie as well as I thought. Maybe I was wrong.”

It’s very hard to do this without No Contact because of the BELIEVABILITY factor.

Your ex is much less likely to BELIEVE you if you suddenly, within a very SHORT period of time said you’ve changed and you’re different now.

Just think about it.

How often do people actually change?

Consider people closest to you—your parents, sisters, brothers, etc. How often have they done a complete 180 on you and changed personalities overnight?

Probably never?

Some people never change.

Some people change temporarily and then change back.

There is a small group of people that can change and have the change be permanent!

I believe YOU can be within that small elite group of people. Changing and reinventing yourself is one of the BENEFITS of a breakup.

A breakup is a blessing, because there is no better time than now for lasting change to happen. Human beings are lazy. We really don’t want to change unless forced into it. Right now is the perfect opportunity to grow and improve as better and more attractive people.

Bottom line.

No Contact puts SPACE between you and your ex so your

“Reinvention” phase is much more BELIEVABLE and so much more POWERFUL.

Here’s how you do No Contact.

No Contact & Limited Contact Explained!

What you do: No Contact or Limited Contact for at least 30 days.

There are many “variations” of No Contact out there. I recommend you stick to THIS one and do not deviate.

It’s a simple concept, but let’s dig a little deeper into the nuances as well.

Definition of No Contact

No Contact is about removing availability. It’s about LIMITING your ex’s access to you. It’s very controlled and deliberate. If they contact you, unless it’s something important or related to business/kids/home, limit their access to you.

Keep conversations short, to the point, limited to small talk, and logic based.

Avoid any relationship talk or emotional talk.

Rule #1 - During No Contact, you do NOT initiate any contact with your ex.

This includes:

- Any holiday events including: Christmas, birthdays, anniversaries, etc.

- You heard from a mutual friend that your ex wants to talk to you.
- You're dying to know what your ex is up to.
- You miss your ex like crazy.
- Your ex is going away in XX number of days/weeks.
- Your ex is getting married.

WARNING!

Your mind will look for any CRAZY reason to break No Contact.

"I have to get my guitar pick that I left at my ex's house." (Even though you haven't touched your guitar for years).

"I want to tell my ex when to feed the birds/dog/cat." (Even though your ex has already been doing this for weeks since the breakup already).

We're conditioned to want to stay close to someone we love. It feels WEIRD to not do so. Just be prepared; you may slip and break contact. That's okay. Just go back to no contact and try again.

It WILL get easier.

Rule #2 - Never Ignore a Question

Sometimes an ex will send a "nothing" message to see if you will respond.

"Hey."

"You."

"[Name]."

"(Cough)"

You get the point. It's basically just a random, out of the blue, short message that is meant to capture your attention and see if you will

respond.

Nothing messages can also be in the form of likes, pokes, smilies, etc. on any social media platform.

You can safely ignore these. Maintain No Contact.

What you DON'T want to ignore are statements and/or questions.

For example:

"So you're ignoring me now."

"This sucks."

"I guess you're probably still upset."

"I wish you good luck."

When an ex sends a properly formed sentence with a purpose, acknowledgement is important.

When you IGNORE your ex you're basically saying that you're still upset and they still affect you.

This doesn't put you in a very strong position.

Instead, match their sentiment in your response.

If they send a TWO-word message, e.g., "This sucks."

Answer back, "What sucks?"

Do NOT send another text. It's important you MATCH their message in tone and emotional depth.

Like playing poker, keep your cards close to you during No Contact.

Ex Contacts You First

Apart from nothing messages and short statements and/or questions, your ex may actually contact you for more specific reasons.

This includes:

♥ They need your help or advice.

- ♥ They need to organize something with you.
- ♥ They just want to talk.
- ♥ They want to abuse you.

Remember:

Be upbeat and cheerful, whilst keeping conversations short, to the point, limited to small talk, and logic based.

Say what you need to say to get the logistics of the transaction out of the way.

Avoid any relationship talk or emotional talk.

Limited Contact = Limit Their Access to Your EMOTIONS

Limiting access also means withdrawing yourself EMOTIONALLY from your ex. This is especially important if you're doing limited contact due to shared business, home, or kids together.

Your ex is conditioned to expect YOU to be the emotional one and THEM to be the logical/cold one. So you flip that around. When you remove availability, you're also removing their ACCESS to your emotions. That means no more telling your ex "I miss you" or "I love you" or anything emotional.

Your emotions are OFF LIMITS to them during this phase.

The No Contact period does TWO important things:

1. Makes your ex miss you.
2. Prepares you emotionally and mentally for getting them back.

Do NOT skip this step.

Reinvent Yourself

How do you reinvent yourself?

Get out of a piece of paper and write down everything you've ever wanted to try or do. This is a brainstorming session. Do not stop moving your pen. Your rational mind may want to tell you "no I can't do that," but that would defeat the purpose of this exercise.

Here are some questions to prompt you:

Cool Things to Have:

- ♥ What have I always wanted to buy that I stopped myself from getting in the past?
- ♥ Is it a new car?
- ♥ Is it a new motorbike? A boat?
- ♥ A certain kind of makeup?
- ♥ A certain kind of handbag?
- ♥ To shop at an elite store?

Fun Places to Go:

- ♥ Where have I always wanted to go that I never had time for in the past?
- ♥ Is it a fancy restaurant?
- ♥ Is it a long weekend away somewhere?
- ♥ Is it to visit a new country?
- ♥ Is it to visit long-forgotten relatives?

Fun Things to Try:

- ♥ What hobbies or activities have I always wanted to try and do?
- ♥ Is it to learn how to draw? Paint?
- ♥ Is it to learn pottery?
- ♥ Is it to learn fishing? Sailing?
- ♥ Is it pole dancing? Or skating? Or playing golf?

New Challenges to Conquer:

- ♥ Where can you challenge yourself to get to the “next level”?
- ♥ Is it to push harder at the gym so you can lift heavier or run faster than before?
- ♥ Is it to earn your next raise and get a promotion?
- ♥ Is it to save \$5000, \$10,000 or \$50,000?
- ♥ Is it to master a skill you’re currently just a novice at?

Closer Friendships & Relationships

- ♥ Which friend have I lost touch with that I want to get back in touch with?
- ♥ What relationship have I neglected lately that I want to improve on? (Is it a relationship with your parents, siblings, friends, work colleagues, mentors, etc.?)
- ♥ How can I meet more people and create a new group of friends?
- ♥ What educational book or course could I take to become better at relationships in general? (I recommend a great gal called Ashley Kay—any of her stuff is solid!)

I suggest a minimum of 20 things on your list.

Next, circle all the items that you most want to do and you CAN

reasonably do within the next 30 days.

It's important during Reinvention to try things you've never done before. Change is not going to happen by you sitting at home and doing nothing. It's getting out there, taking action, and experiencing new things. You want ACTUAL results.

These new experiences give you REAL PROOF to show your ex and the world that you're taking action.

It's also important for the NEXT phase of the game plan: the Social Posts Trick.

Social Posts Trick

When you're in No Contact and making a lot of changes, you may be wondering, "I'm making all of these changes, but how can I make my ex see any of it?"

Good question.

That's where the power of social media comes in. More specifically, we're going to use a handy tool called Facebook, or something equivalent.

The social media channel you use should be one that your ex also uses OR your ex KNOWS you use.

The best platforms are those that heavily utilize photos. Photos are very powerful communicators. They can speak volumes to your ex, better than your words. Especially in this context.

Platforms like WeChat, Instagram, Snapchat, and Tumblr can also be good provided your ex KNOWS you're on them.

Don't post things on some obscure channel that your ex has never heard of.

It also doesn't matter if your ex has blocked you or unfollowed you

on the channel of your choice.

Your ex will and can still spy on your public profile.

Now, I'm going to assume you're using Facebook.

When & What to Post

As you try new things, experience new places, and meet new people, record and document them for the “internet world” to see on Facebook.

The best time to do it is BEFORE, DURING, or AFTER the event.

Example:

If I was trying to learn how to paint landscapes, I'd buy all of my simple tools, find a video tutorial on YouTube, set everything up, TAKE A PICTURE of my new work area, and THEN get to painting.

Then I'd take a photo of the progress shots during and after completion.

WARNING!

If you have never publicly broadcasted what you're doing to this degree, it's going to feel WEIRD.

But do it anyway. Even though it feels weird at first, people want to see and know what you're doing. You may be surprised at the response.

What to Write

As a general rule, be excited, enthusiastic, and positive about whatever you're posting on Facebook.

Example:

“Feeling artsy today so I decided to try my hand at landscape painting. Wow, was it tough! I'm almost embarrassed to show this. But a little happy I didn't screw it up completely.”

Follow your comment with a picture of the before, during, or after (or all of above) of the event.

Do NOT post anything negative or critical, or any complaints.

Do NOT post anything about your ex or past relationship.

If you fail at trying something, talk about the failure in a “positive” light instead of a moody, negative light.

This trick is all about highlighting your best moments (not broadcasting every single thing that happens to you).

What is even MORE important other than your photo is your ATTITUDE. Posting with positivity shows your ex you are not sitting around at home crying over them (even if you are).

Posting Schedule

I wouldn't stress about the regularity of the posts. Only post when you have something interesting to share. With that said, you also want to make sure you're doing something interesting EVERY WEEK (if possible).

Best Type of Social Posts

The best type of posts to share are those containing SOCIAL PROOF. That means you're not just doing something by yourself, you're out doing things with other people.

I've already mentioned this in the “Big-Picture Concepts” section.

A reminder: to quickly become more ATTRACTIVE, it matters WHO you hang around with.

This is value transference by association. Simply by hanging out with/being seen with happy, smiling, well-put-together, high-value people, it makes YOU also appear more magnetic and appealing.

This is super powerful.

V. Main Texting Tactic

Phase One – Bait

After the Reinvention period, it's time to send a “Bait” message to your ex. The purpose of a Bait message is to open a dialogue with your ex.

Once your ex is OPEN to talking to you and willing to LISTEN, you can then deploy Escalation and Commitment Texting Formulas.

Another purpose of the Bait text is to pique your ex's desire and interest.

Without elements of attraction, you could easily fall into being friends or other “go-nowhere” relationships.

Make sure during No Contact you've headed out, lived life, tried new things, and actually did “reinvent” yourself.

There are 4 types of Bait messages:

News Bait

A good News Bait message contains CURIOSITY, NEWNESS, and NOSTALGIA (familiarity).

It relies on broadcasting a NEW piece of information to your ex that they would not expect.

News Bait Formula:

[The NEW thing you've just done] [Link it back to your time with your ex. Why would they care?] [Hope you're doing well/Hope you're having a good day].

Here's a News Bait message to send your ex:

"About to climb Mount Everest tomorrow. Nervous. Excited. Was just thinking about the time I told you I would never do it. Guess I was wrong. Hope you're doing well."

The first part of the message: "About to climb Mount Everest" is the NEWNESS factor. Something you never did while with your ex and your ex never expected you to do.

The second part of the message: "Was just thinking about the time I told you I would never do it" is the NOSTALGIC factor. You're referring back to a time when you were together.

The entire message is full of CURIOSITY.

It's short. It's choppy. It lacks detail. It doesn't come across as needy or validation-seeking. It poses more questions for your ex than answers questions.

It contains all the elements of a great News Bait Message.

Here's another example:

"Just tried boiling eggs . . . I'm not very good, but they came out decent. You would be impressed. Hope you're doing well."

"Just tried boiling eggs . . ." The NEW thing you've never done before.

“I’m not very good, but they came out decent.” What you thought of the experience, ALWAYS say something positive.

“You would be impressed.” How this event relates to your ex. Perhaps your ex has never ever seen you touch anything in the kitchen. So this WOULD impress them.

“Hope you’re doing well.” Always end the message with goodwill and non-neediness. Also keep the entire message very short and sweet.

Empathy Bait

The empathy bait is an admission of regret, guilt, wrongdoing, etc. on YOUR part whilst simultaneously pushing your ex’s empathy button for you.

Empathy Bait Formula:

I realized [your wrongdoing in the relationship]. I was a [jerk/bitch/selfish/etc.] lol/:-P

Example:

“I didn’t realize all the things you used to do around the house. Wow, I really took you for granted lol.”

“I was talking to my [family member/mentor/friend], and they made me realize how much of an ass I was in our relationship. :-P”

“I can understand why you pulled away from me. I really was a bitch lol.”

Keep the admission of wrongdoing on the LIGHT side. Yes, you’re admitting you screwed up, but you’re also laughing at yourself too. Hence the LOL and emoji at the end. Even if you don’t usually use

emojis, etc., you need to insert it here. This is the only way to signal lightheartedness, or else the message will come across too serious.

This is a very appealing quality. It shows your ex you still have a sense of humor, you've LEARNED from the breakup, and you're NOT sitting around moping.

Advice Bait

The advice bait plays on your ex's desire to feel needed and wanted. Even if they've rejected you, they still want to feel needed and wanted. The benefit of this text is that it makes them FEEL GOOD with no pressure or other agenda.

Advice Bait Formula:

“Hey, sorry to bother you, but would you be able to [help you with this particular thing]?”

Example:

“Hey, sorry to bother you, but would you be able to share your famous meatball recipe with me?”

“Sorry to bother you, but would you happen to know a good car mechanic in town?”

“Sorry to bother you, but do you remember the name of that book you recommended a while ago?”

Keep the request fairly simple. It should not take your ex more than a few minutes to give you the answer. Anything too difficult and they won't likely help you. Respect your ex's time.

Goodwill Bait

The goodwill bait is a simple, thoughtful text message letting your ex know you're around, you're thinking of them, WITHOUT coming across needy or pushy.

Goodwill Bait Formula:

[Event that just happened], hope you're well.

Example:

"I had a tough week at work, hope you've had better."

"Just finished dinner, hope you've had a good week."

"Just got to work, the road is terrible/weather is terrible. Be safe out there."

IMPORTANT:

Never send more than one text message. Whichever Bait message you send, always leave it at ONE unless your ex engages with you. If they do not respond, do NOT send another message.

Ex Responds Positively

Great! Continue to use Bait messages until your ex is initiating on their own OR the conversation is mostly positive. Continue to Phase Two.

Ex Doesn't Respond OR Responds Coldly

Wait another week before sending another Bait message. Give them some time. Some partners will hold a grudge, especially if the breakup

was bad.

Once you open that door to your ex contacting you and talking to you, next you want to keep the ball rolling with . . .

Phase Two – Escalation

The core foundation of any healthy relationship is intimacy, connection, and trust.

We do this using

- ♥ regular and consistent contact,
- ♥ increasing intimacy (talk about more and more intimate topics),
- ♥ and the Absolute Trust Principle.

It's VERY important you keep these elements in mind when you're escalating contact with your ex.

The biggest mistake during this phase is dropping contact for long or sporadic periods of time.

Remember, if your ex is initiating contact and responding positively, keep your contact CONSISTENT.

That means get into a routine.

Decide ahead of time your "texting schedule." I recommend at least once a week. If the response is positive and your ex keeps the conversation going, increase this to every other day or even every day.

The most ideal schedule is one that also suits you. If you're a daily texter, send texts daily. If you're a weekly texter, send texts weekly.

Consistency puts your ex on a “routine of expectancy.” Sooner or later they start to EXPECT a message from you. And then they start to RELY on your messages. Once they rely on talking to you, DEPENDENCY is formed.

The power of texting consistently is that when you drop contact, your ex SHOULD be able to initiate and pick it up again due to their routine of expectancy. You want your ex initiating contact on a regular basis as well!

Dependency also gives you LEVERAGE.

Now you have much more bargaining power when you move onto the next phase.

Step 1: Decide Your Texting Schedule Ahead of Time

What will your texting schedule be? Keep it consistent.

Step 2: Escalate Intimacy by Moving Through Different Levels of Conversational Intimacy.

In order to recreate those feelings of “falling in love,” we’ll need to increase the level of intimacy present in your conversations.

Why purely through conversation? Because trust, connection, and intimacy happen in the head first. Words have the power to change your state in a way images can’t. Just take books, for instance. A book, through mere words, has the power to evoke strong emotions from you.

Books can make you cry, laugh, love, and even hate. You always feel much more intimate with a character in a book than one in a movie. Stories presented in a book are often much more memorable than those in a movie, especially if the book resonates with you on a personal level.

What to Do:

First, prepare yourself. It won’t be easy at first—and intimacy is RARELY formed overnight.

Even though you've shared an emotional history with your ex, remember they're not used to having regular conversations with you. They may be slightly "warmed up" through your Bait messages, but there will still be coldness and resistance.

Right now, your ex probably still doesn't trust you. They have residual negative feelings toward you, and their wall will be up.

You want to show your ex the following:

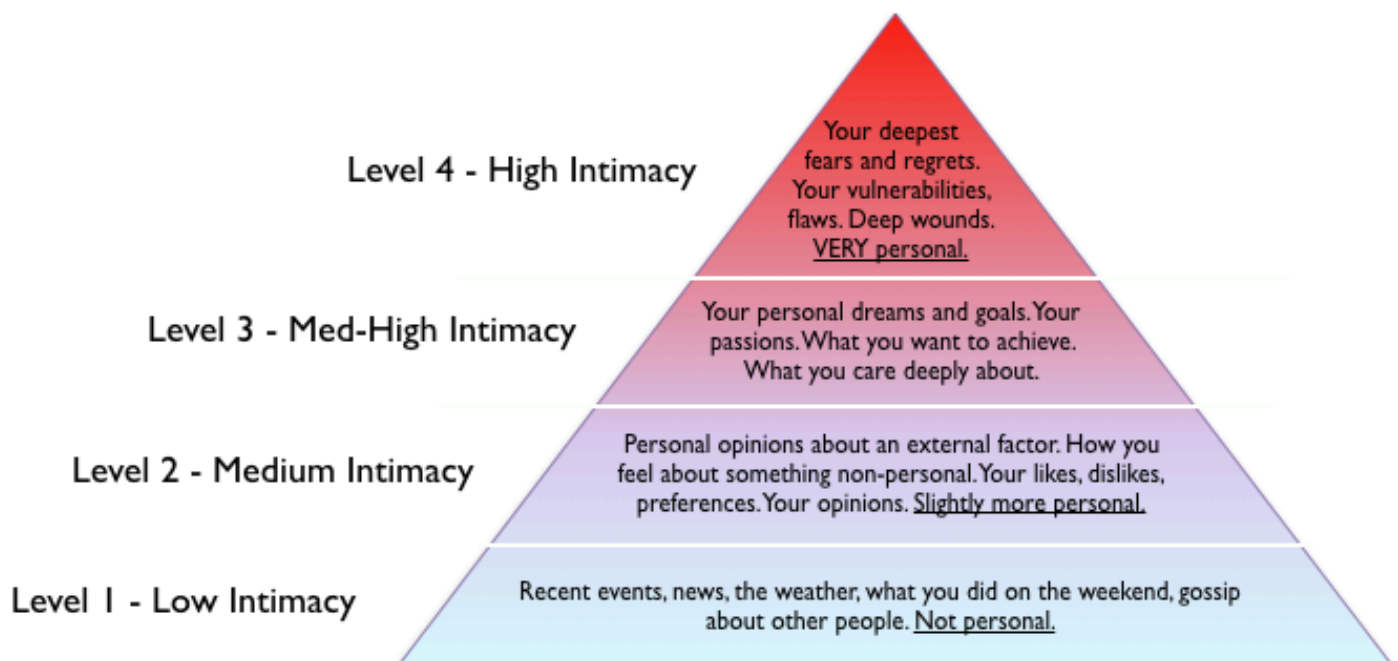
- ♥ You're not a threat. They CAN trust you.
- ♥ You're confident, non-needy, and "just like them."
- ♥ You've CHANGED and will continue to work on yourself.

As terrible as this sounds this is how kidnappers lure their victims in. They never start out jumping their victim from the get-go. They will first lure them into their vehicle by appearing friendly and safe.

You want to do the same! Without the kidnapping, of course . . .

First, make your ex feel comfortable. Do this through a small series of actions and contacts on a schedule. You begin by making small talk about the weather, the news, local gossip, etc. and gradually build toward more in-depth personal topics of conversation.

Here is a look at the Levels of Conversational Intimacy you need to develop with your ex—from low to high.



Remember, you always want to do the following:

- ♥ Keep things light and fun.
- ♥ Use depth (use details in your language).
- ♥ Be unpredictable (controversial or new).
- ♥ Use sexual tension.
- ♥ Continue to use social posts to show yourself as attractive, popular, and fun.

Be Fun

“I just vomited a little in my mouth. They’re playing The Bachelor on TV again.”

“Did you hear the next Aliens is coming out? I’ll need to kidnap Dave again and force him through another fun 3 hours.”

Use Depth

“Birds ARE scary. They have these creepy-looking eyes, pointy beaks, they sneak up on you, and I SWEAR they’re secretly scheming inside their little heads. I nearly died the other day because one tried to attack me. Literally, I could have died!”

“Men can be stubborn, but I think women can be too. My great aunt just got divorced the FOURTH time. She was on the phone with Mom for 4 hours, crying and moaning about Joseph as if he stole her firstborn from her or something. I was snickering in the living room trying to work. Okay, so I was really eavesdropping . . . God I need to get my own place.”

Use details, specifics, and a little dramatization.

All of these create imagery that pulls a person deeper into the conversation.

Be Unpredictable/Controversial

“Did you know that the earth is actually FLAT? Here’s ‘proof’ apparently . . .”

“Dogs are SO much better than cats. They can FLY.” (Send link to some funny dog video).

“If I was a zombie, I would STILL go out and buy MAC makeup. Even if I’m dead, I still need to look good!”

“Tomorrow I’m going to come over and spank you . . . Just kidding. You wish!”

The last one is slightly sexual as well.

Sexual Tension

Use words like lick, suck, blow, kiss, wet, erect, hard, firm, rub, moist, etc.

“If I was licking a lollipop, what flavor would it be?”

Get them visualizing you “licking” something.

*“I would definitely eat you if you looked like that. *Cheeky grin*.”*

“Just got out of the shower, dripping wet . . .”

*“Sometimes I wish a man would just **** me.”*

“All I need is a beer and blowjobs.”

“If you don’t stop talking about tits and ass, I’m gonna have to go over there and teach you a lesson.”

Have fun with this.

Feel free to mix all of these elements up to keep your conversations from being dull and boring.

Always avoid being dull and boring! Excite them with intriguing

topics and they will keep talking to you.

Step 3: Absolute Trust Principle (ATP)

Relationships need trust in order to thrive. Love is able to flow freely and in abundance when a solid bridge of trust exists between two people.

We reach this level of trust by practicing the 3 As:

- ♥ Acknowledgement
- ♥ Appreciation
- ♥ Acceptance

When we are happy, content, and in love, we usually don't NEED to know how to communicate properly with our partners. It's only when there are tension, conflict, and resistance from both sides that we must use this principle.

I recommend that you don't wait until you have a conflict before practicing the ATP. Because in the heat of the moment you're much less likely to do it. Instead, practice when you're happy and connected, when conversations flow naturally.

Get into the HABIT of using ATP on a regular basis, and you'll see the intimacy, love, and bond between you skyrocket quickly.

Acknowledgement

Acknowledging your partner is about showing UNDERSTANDING. Remember, before your partner will listen to you, you must make sure they're opening their ears and WILLING to listen.

Most people get into the "blame game" because they feel attacked. The ears shut down and they're no longer willing to listen once blamed. So instead of feeling like you're talking to a brick wall, aim to acknowledge your partner's viewpoint first.

Here's an example of how it's done:

Jane says to her partner, John:

“You say I’m impatient, but you can be impatient too. I always feel like you’re rushing around trying to get things done, when I just want to take it easy and go with the flow.”

It’s not exactly a full-blown attack, but it’s still an “attack” nonetheless.

Now John may fire back.

John:

“That’s ridiculous. I was the one doing what YOU wanted me to do. I thought you didn’t like going to Aunt Nora’s house, so I thought we should leave quickly. How was I supposed to know you wanted to stay longer?”

Jane:

“No, that was NOT what I was saying. Look, you never listen. You always blow up at me.”

And the cycle of blame continues for the next two to three hours . . . possibly leading to the silent treatment and both parties not speaking for days.

This situation could have been mitigated quickly by first ACKNOWLEDGING your partner.

Instead, Jane could have said: “Okay, I can see how you could think that. I didn’t mean for it to come across that way.”

This MAGIC line would have quickly validated John’s perspective of the whole situation. It would have allowed his feelings and opinions to be HEARD. Therefore he could have more easily listened to Jane’s side of the story.

Jane could have then continued with:

“I’m sorry. I should have communicated better what I had in mind. I wanted to stay a little longer today. I don’t know why. I should have told you that. I just felt rushed, and your anxiousness was making me uncomfortable as well.”

The formula is:

“I can see how you could have thought/felt that way.”

This shows understanding.

“I didn’t mean for it to come across that way.”

This shows acknowledgment that your partner felt attacked.

“I’m sorry. I should have . . .” Apologize for making your partner feel attacked (when that was NOT your intention) and then explain YOUR side of the story.

Now John, calmed down a little more, may still feel the need to defend himself:

“How was I anxious? I wasn’t anxious. I just thought that was what you wanted.”

IMPORTANT NOTE HERE.

Remember, we are all sensitive to BLAME. It may happen that even after validating your partner, they may still feel defensive. That’s okay.

That’s why we also need to move onto the next A: appreciation.

Appreciation

During the midst of conflict it can be very hard to “hear” your partner’s loving words. It’s much easier to highlight and put a circle around the “blame” words instead.

Appreciation reminds you that you should dig out the “loving” words and highlight those instead.

For example, when Jane felt attacked AGAIN, instead of returning to defense mode, she could turn her attention to the fact that John was trying to make her happy.

Instead of Jane retorting back: “Geez, don’t get defensive! You’re always so sensitive!”

Jane could say: “I appreciate that you were thinking of me. I was

simply explaining why I acted the way I did.”

John, now feeling acknowledged AND appreciated will calm down and feel much more loving toward Jane.

Once John has “quietened down,” Jane could say, “But do you understand what I was trying to say?”

John:

“Okay . . . yes I do. I’m sorry I rushed or was impatient. I didn’t mean to make you anxious.”

If Jane wanted, she could explain further, and John would be MUCH more open to listening to Jane.

Acceptance

Acceptance comes last. Acceptance really is about loving your partner warts and all. It’s showing unconditional love to your partner.

Most people are scared to show unconditional love in fear that they will be walked all over. When really the OPPOSITE is true. When a person feels fully accepted, they feel compelled to do their very best to make their partner happy.

This is not easy to do. We tend to think we’ll love someone more if they only change this or that. When you operate this way, however, your partner never feels fully loved or accepted, which is the ROOT CAUSE of many relationship conflicts and breakups!

To show acceptance, ask yourself:

“What is the positive intention behind my partner’s action?”

Most people want to feel loved and worthwhile. So your partner always has a positive intention behind their actions.

Remember, you don’t have to LIKE your partner’s actions, but you should aim to understand what their positive intentions are. Even if it’s only to increase her or his feeling of significance and self-esteem.

Consider a baby’s cry for help. It’s easy to see a baby’s vulnerability

and their positive intention. They just want to feel better, to feel loved, to be fed, to be held, etc. Therefore, it's often easy to love a baby—even when you don't like their behavior.

When your partner cries for help, either by being a jerk or a bitch, also take a conscious effort to see their positive intention and pain. This is how you reach ACCEPTANCE with your partner.

Practice the Absolute Trust Principle to:

- ♥ Make your ex TRUST you again.
- ♥ Make your ex fall back in love with you much faster.
- ♥ Make your ex commit and rush back into your arms.

Phase Three – Commitment

Do NOT enter this phase without leverage.

What is leverage?

- ♥ Your ex is initiating regular contact (messages based on logistics: shared house/kids/business do NOT count).
- ♥ Your ex emotionally DEPENDS on you.

If you're not at this phase yet, go back to Phase Two until you're at this point.

This phase is mostly about setting down some ground rules, continuing to elevate your “attractive” status, and making them decide NOW instead of months or years from now.

You use this when:

- ♥ You're in a “non-committal” relationship with your ex.
- ♥ Your ex is seeing someone else but is still in love with you.
- ♥ Your ex gives you mixed signals (e.g., hot and then cold).
- ♥ You're friends with benefits.

The biggest mistake people making during Phase Three is not making their ex decide RIGHT NOW for a commitment.

You must create “URGENCY TO ACT” to progress your relationship further.

If you simply cruise along as you are, your ex will have no real pressure or need to change.

Let’s fix that right now.

First, be prepared your ex will have a thousand reasons why they’re not ready “yet.” Some people love to procrastinate. There are always reasons to wait and put off making a decision.

Do not even bother asking for a reason or listening to their reasons. I’m sure they can come up with a whole list of them.

The bottom line is this:

Their REASON FOR NON-ACTION IS IRRELEVANT.

By listening and buying into their “reasons” you’re doing MORE DAMAGE to yourself and your relationship.

Here’s how to go about this:

Send this “Commitment” Text message:

“I’ve been thinking a lot lately, and I want to give our relationship a proper chance. I can’t do that because [the thing in your way], so if you’re not 100 percent in with me, I think it’s best we go our separate ways.”

Let’s break it down.

The first sentence directly establishes the tone and purpose of the message:

“I’ve been thinking a lot lately, and I want to give our relationship a proper chance.”

No beating around the bush here. Use clear and concise language.

The second sentence lists the obstacle that is standing in the way:

“I can’t do that if you’re not willing to commit to me.”

“I can’t do that if you’re seeing someone else.”

The third sentence gives them the ground rules—what they're going to LOSE by not taking action.

“So if you're not 100 percent in with me, I think it's best we go our separate ways.”

Do NOT send another message until they reply.

You may have to wait days, but it's crucial you do NOT send another text until they do first!

You take away the power of this text message when you break the silence first.

Ex Agrees or Wants to “Think About It”

Now's the time to give them space. So back to No Contact and wait until they've made their decision.

It's common for people to need distance to properly consider this decision.

Give them that space! If you don't, you only risk doing more damage and potentially pushing them away.

Ex Tries to MAINTAIN the Status Quo

If they try to talk you out of it, make you feel guilty, tell you they need more time, or anything else that delays making a decision, STOP CONTACT IMMEDIATELY. Go back to No Contact indefinitely.

By not making a decision, they've basically made their decision!

Ex Doesn't Want to Get Back Together

Courtly accept their answer:

“I understand and accept your decision. I can't say I'm not disappointed, but it is what it is. I'm sorry it didn't work out, and I hope you find someone more compatible. Good luck.”

It's important you maintain your CLASS when you are rejected.

Your ex will:

- ♥ respect you more for it,
- ♥ possibly even change their mind after hearing your response,
- ♥ and, want to say good things about you in the future and help you out later on.

The key lesson here is to NEVER BURN BRIDGES. You never know how handy your ex and their connections may be in the future.

Do NOT:

- ♥ Turn cold, ignore them, or become vindictive.
- ♥ Hold a grudge.
- ♥ Use blackmail, jealousy tactics, or other things to manipulate them.

Your ex has a right to make the decision they make. Leave them alone and move on with your life.

Your Ex Wants to Get Back Together

Hooray! Your ex still loves you and wants to try again . . . is it time to celebrate yet? Well, not quite.

Resist your urge to rush back into a committed relationship. There is still some housecleaning to do.

Before I recommend going back, you must sit down with your ex and have a proper “relationship talk.”

Schedule a place to meet up with your ex and talk. This is the stage where you make “the promise” and establish new ground rules.

Did you know that 80 percent or more of couples who rush back into a relationship break up again within the first one to three months of getting back together? The chances are VERY high that another breakup will occur.

“The promise” is essentially a new contract. It bonds you and your ex to a verbal commitment. The commitment that your new relationship will be unlike the old one in many ways.

Let me remind you.

The old relationship is long dead. It didn’t work and will not work again as long as you repeat your old mistakes.

Without this fundamental understanding, getting back together now will be a waste of time. The time bomb to another breakup would only be inevitable.

Here are the tried and tested ways to prevent another breakup:

VI. Breakup Prevention Strategy

1. Have a crystal-clear understanding of why you broke up in the first place.

You must analyze your relationship to pinpoint exactly what went wrong in the first place. Without this understanding, a breakup will happen again.

In my core program, the Attract Your Ex System, I go into further details on the psychology of why breakups happen, what men and women want, and relationship fundamentals. If you have not checked this out, I highly recommend it for a deeper understanding of common core problems.

2. Have the relationship talk.

This is where you sit down with your partner and talk about your problems. Do it when you're both happy, content, and on the same page.

You'll want to talk about:

- ♥ What went wrong? What have both of you learned from this breakup? Listen to both sides of the story. Use the Absolute

Trust Principle to facilitate this conversation. Deeper insight and knowledge shared between two people will only bond you together further. It's proof that your relationship is growing stronger and is better equipped to withstand obstacles in the future.

- ♥ What will be different this time around? Think about, what are you committed to doing this time to make this relationship work? What is your partner also committed to doing to make this work?
- ♥ How can you deal with the problem in the future? Most relationship problems never fully get resolved. We only get better at dealing with it. How can you make your conflicts easier or less damaging to each other's self-esteem? How can you further promote a loving, supportive environment for each other?
- ♥ How will you maintain the attraction, fun, and connection in your relationship?

Just because you have your ex back doesn't mean you stop making yourself attractive. People who let themselves go do not understand the slow poison drip their relationship is on.

It's equally important, if not more so, to continue to go to the gym, dress up nicely for your partner, pursue your goals and passions and make a CONSCIOUS effort to impress your partner.

Relationships take teamwork, commitment, and realistic expectations to run smoothly. There is no such thing as a "perfect" relationship. There is only "pretty good" and then you need GRIT in order to maintain the love and passion that you have. This requires BOTH parties to be conscious about fulfilling their end of the bargain. You can't temporarily exit the relationship and not expect it to suffer consequences.

Be prepared for the journey ahead, and you'll not only prevent another breakup, but you'll also create an exciting, rich, and passionate relationship for years to come!

VII. If You Have to Move On

If nothing has worked to get your ex back, think of why this is the BEST thing that could happen to you. Look, you're braver than most people. You've identified what you wanted and gave your best shot at obtaining it. Most people wouldn't even bother to try.

Sometimes "not" getting what we want is a blessing and allows new opportunities and new doors to open for us.

That means, there is very likely someone better and more compatible for you out there.

If you still feel a long way away from being over your ex and this breakup, you must take some time to figure out why that is.

- ♥ Are there certain qualities about your ex that you feel are "perfect" for you? That you fear you won't find in another person?
- ♥ Are you scared of dating new people and starting all over again?
- ♥ Are you worried you won't find anyone else? That you're not "good enough"?
- ♥ Are you scared this might happen to you again?
- ♥ Is your perception of your "ideal" relationship realistic? What

is stopping you from looking for your “ideal” or “dream” relationship with someone else?

I like to believe there is not just ONE soul mate for you. There are MANY. Hundreds, in fact. Male and female. Some to be lovers for life, some to be friends for life. Others come and go to teach you a specific lesson at a certain point in your life. They are there to serve you, and all you need to do is go out there and find them!

Alright, but finding them is the hard part, right?

But is it really? The majority of couples that get together and get married are people who live within the same town or work at the same company or study at the same schools. They all tend to believe they were just lucky to have found one another in the same place. The truth is your soul mate or dream partner is walking around everywhere!

The key to finding them is to be OPEN to all possibilities. The worst thing you can do is to limit yourself to only certain “types” of people.

On Dating

I want to briefly touch on the prospect of dating. In other “ex back” products, they recommend dating as one of the strategies for winning back your ex. I don’t really agree with this.

I believe you should only date if you’ve moved on and are completely ready to allow someone new into your heart.

It is not fair to drag a third person into your affairs just for the sake of appearances. What if this person falls in love with you? What if you get more involved than you should? You certainly don’t need the extra drama.

Now, dating when you’re READY is a different matter. It can be fun and a great way to get over your ex for good.

There are many dating sites around. Here are a few to check out:

♥ <http://www.plentyoffish.com> – free

♥ <http://www.okcupid.com> – free

♥ Tinder – free smartphone app

I met my sweetheart on PlentyOfFish.com, see if you can catch your lucky fish too!

I want to thank you for investing in **Magic Text Messages**. I hope with all my heart it has been and will continue to be a valuable source of information for your current and future relationships.

Best Wishes,

Ashley Kay