

GETTING BACK TOGETHER

WITH AN

EX

STEP-BY-STEP GUIDE

SCHEDULE WITH 77
DAILY INSTRUCTIONS

BRENT RAYMOND



Getting Back Together with an Ex (A step-by-step guide to getting your ex back)

by Brent Raymond

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Introduction

“It’s kind of fun to do the impossible.” – Walt Disney

Is it? Read Walt Disney’s words again. What is the first thing that comes to your mind (besides Mickey Mouse, of course)? Positivism, confidence, satisfaction, joy? Or rather disbelief, pessimism, disagreement...? I know you are not experiencing the most amazing time of your life right now; you bought this book to solve the most important problem in your life. I know how you feel. It’s totally OK to be pessimistic and to feel miserable. You have only one question: “Is it possible?” and I will give you the answer right away:

- Yes, it is.

It’s not going to be easy, but later you will think exactly like Walt Disney. And it is kind of fun, yes, after the first stage...from the moment you sense progress and improvement. Easy to say, but anyone who’s ever done something amazing or achieved something that was seemingly impossible will tell you the same: “It was not that hard. You should try it.” It reminds me of my old friend Phil. He quit smoking 10 years ago and he keeps telling smokers how easy it is to quit. Yeah right, Phil! Sounds familiar? You will say the same to others later because you are going to succeed!

Let’s get down to business. My name is Brent Raymond. I’m 38 years old at the time of writing and I’m a qualified sociologist and project manager. I’m a normal office worker. I’m not rich nor poor. I like to travel occasionally. I’m an ordinary person just like you. I’m a family man nowadays, happily married with the girl of my dreams. She is gorgeous. I still realize that every day. Our wedding day made me the luckiest man on earth. And then, two years ago, the most wonderful thing happened in my life—the birth of my daughter. She’s my everything. Because of her, I know what unconditional love is. There are no words to describe it and it’s the ultimate source of happiness. I guess you know (or want to know) the feeling.

Don't get me wrong though, I'm not a lucky bastard. Not at all. In order to reach this ultimate happiness and success, it took me a lot of patience, effort and fighting against myself to conquer my wife's heart. I used to be hopelessly in love with her and things were not so great in my life because of that. Our friendship was terrible in the beginning and I loved her way more than she loved me. She was a girl so beautiful and cute in my eyes that—honestly—she was *out of my league* and seemed totally *unreachable* for me. Because really, I'm not the most handsome guy on earth: not tall, a big nose, no muscles, balding and greying since my late twenties...but I'm Aries, I'm very stubborn, I don't give up easily on my way towards my goal. And that was my salvation.

Let me briefly sketch my personal story. You know how it typically goes: back in the early days I tried to seduce her, the girl of my dreams at that time, in a classical and cliché way with compliments about her looks, small “cute” presents, flowers, a lot of texting and numerous date requests. I was a hunter, and she was my prey. It—surprisingly—finally worked after a while, and we got together. In fact, we were a couple for more than a year initially, and boy was I proud and excited.

But then it all started. She broke up with me for the first time, without any clear reason. My world fell apart, just like that. And it was not so unexpected. I always wondered why a lady like her would stay with an ordinary guy like me. I always considered it temporary, until she would find her amazing wealthy prince on a white horse. I was hurt by her several times and I could never accept it. I got desperate, miserable, and frustrated. It felt like I'd been given this once-in-a-lifetime opportunity and I'd screwed it up! I would never find a partner of that level anymore in my life.

During the next two (!) years, my mood of the day was totally dependent on my situation with her. Sometimes we communicated and I was walking around with a smile on my face; other times she ignored me, and I realized that she'd moved on with her life. Those were the sad days. I did it all wrong. She was still the only one that I wanted, and I made every mistake I could possibly make.

Things changed though.

During those 2 years, I learned plenty of valuable lessons and guess what?...She is totally crazy about me now. She can't stop telling me how much she loves me, and I know that we will be together forever.

I discovered amazing new things, even small tricks, and so I decided to share them with everyone in the same situation. That's what this book is about. A step-by-step guide to restoring your relationship, taking it to an even higher level than ever before.

By the way, the approach that you are about to read also works for people who were never even a real couple in the past. Even if there was just a small spark of attraction that faded away later, this could also work to activate that spark again and turn it into a fire of passion.

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The Solution

Like I said before, during the two years after our last breakup, I made every mistake one could make. She was clearly not attracted to me anymore and still I thought I could fix it by repeating the same methods over and over again. I kept texting her about how much I missed her, how much I loved her and how happy we would have been as a couple. Usually, she didn't reply and when she did, she briefly told me to move on with my life and that I deserve better than her. Sometimes she got seriously angry and told me to leave her alone. I was doing it totally wrong. Eventually, she already found a new boyfriend and they lived together for 6 months.

So how did I turn this situation in my favor?

I started to read tons of books about relationships, about the natural function of attraction, about sexual desire between two animals, about everything that could help me understand why my girlfriend was first attracted to me and after a while not anymore. How was that even possible? There must be a reason. I couldn't accept it. And if I could find the real reason, there must be a way to restore it. I started to think as a scientist and started to build a plan, a phased approach, like a project manager, which I was. I began to test out scenarios with total strangers, and step-by-step, I started to understand. I read numerous books on how to literally get your ex back. I think I bought every e-book available online: *How to get your ex back*, *How to win your ex back in 30 days*, *How to get back together with your stubborn ex*, *The best texts you can send to your ex to get her back*. Stuff like that. I spent months and months reading and taking notes because I'd gained scientific momentum, and I had plenty of time after all. I was sad and bored, and this research kept my hope alive. By the way, these books and online programs are excellent reading material; they describe proven methods and I really recommend that you read them. I'd even say: the more you read about the topic, the better.

The only problem with these various books, e-books and blogs is that while you are reading, you are not taking any action yet to solve your problem. Let me tell you something:

“Research shows that people only remember between 10 and 20 percent of what they read.”

That’s not a lot, is it?

So, every single book or program about *How to get your ex back* is full of important facts, useful tips and instructions, but once you had finished the last page and it’s time for action, you would probably make one mistake after another because you’d forget to apply between 80% and 90% of the instructions and useful tips! You wouldn’t have anything to hold on to and nobody would stop you from doing something wrong.

When I started to design my personal plan of attack to win back my girlfriend, I fully used my project management skills and experience. That was my success! I used things like Manage by Stages, Product Breakdown Structure, Issue logs and Risk Management. Besides that, I also used my psychology and sociology knowledge to analyze what had happened during the last months of our relationship and the first months after the breakup. Based on calls and text messages between us, that I could easily find again in my phone, I created a spreadsheet with meeting dates, conversations per day, the quality of the conversation and how the conversations ended. I tried to remember each day and tried to bring back every single memory. It took me a very long time, but eventually I remembered almost everything. I noted everything down and tried to find patterns.

Long story short, I found out that the real reason why I lost my girlfriend was that I had been suppressing my natural masculinity in order to be the kindest, sweetest boyfriend.

Big mistake!

During our relationship, I was way too needy, too much focused on her and our relationship, and I always agreed with her. We never fought, I was so happy with her,

and I didn't stand up for myself to defend my opinions. I regularly bought her jewelry, flowers, and clothes.

Result: unconsciously for both, I was not an attractive male for her anymore, and neither I nor she knew exactly why.

After failing repeatedly, I came up with a brilliant plan though...and what kind of plan? It was a 60-day schedule (or "project plan") that I made for myself, filled with tons of golden tips and tricks, carefully picked from various programs. I worked hard on that plan, and with success!!

This is not just another get-your-ex-back method. It's a combination of the best of the best. It's the result of all those electronic and hardcover books, blogs, websites and my own experiments and experiences. Some of the other programs out there are really amazing and written by professional psychologists, but none of them tell you exactly how and when to apply their advice. They give you all the pieces of the puzzle, but not how to put them together, which is normal because everyone's situation is different. What makes this program unique though is that you will have a strict daily schedule to follow, so that you will not forget one single step. You don't have to remember everything after reading this book, and that's the key, because every step in the schedule is important and has a function, so you should not skip one. Since you will have a printout of the schedule, you will not forget anything. You will apply 100% of the tips and tricks out there and, as a result, you will be calm, cool, and collected.

The downside is that I will not explain in detail WHY all these steps are so important because I will not repeat everything that is out there already in professional reading material. You'll have to trust me on this; we are a dream team! I suggest you read the whole book before you start with the program, and before each stage you read again the chapter that describes that stage so that you remember as much as possible. The program is a chronological schedule based on 4 stages, which are explained in the next chapters, and is designed for everyone who want to get their ex back, whether male or female (hence the use of s/he, him/her and himself/herself through this e-book) and regardless of whether you broke up with your ex or your ex broke up with you.

All right, give me a high five! Let's do this!

The 4 stages

Stage I: The Great Healing

Time for action! This is the first and most important stage. It's not clear yet how long it will take. Let's say between 30 and 60 days, although it could take longer. It's time to heal, because you are ill.

“Excuse me?”

Let's face it, you are ill. I don't mean to be rude, and it's not like you have a dirty disease of course, but let's just consider it as “ill.” You need to give it a name, and you need to get better first. This is extremely important. Why? Well, because I know how you feel. I know that you are not in control of yourself right now; you don't see any solution to getting your ex back anymore. You feel miserable and you have low self-esteem, which is unattractive for everyone and so, you're just going round in circles. You need to get out of that to become an attractive person again, and that takes time.

Whenever you read other books or programs about this topic, the “No Contact period” always comes up. There is no way around it and it's the most difficult part of the process. It's a proven concept—I can confirm that from my own experience—and it works. It works like hell, believe me. So let's get straight to the point. You will not contact your ex for a minimum of 30 days to begin with and on the 30th day you will evaluate the situation.

Non-negotiable.

Expect good news after this period! Until the 31st day, you will not text, call or see your ex, and you will not talk about your ex with other people. Let me repeat that for you:

In this stage, you will not text, call or see your ex, and you will not talk about your ex with anyone. Not even with your dog or your mirror.

In fact, a better way to describe this phase is that your ex will not hear anything directly from you. You will not post anything on social media that relates to your ex or your breakup. If someone asks you about your ex you will give an indifferent reply, like you don't care, like you are over him/her. You will also avoid accidentally bumping into your ex. If, however, s/he shows up at your house for any reason, because maybe you have children together or s/he has to pick up something at your place, then just be friendly, but don't start talking about your breakup and try to make the meeting as short and as neutral as possible. Prepare something like "Good to see you, but I have to get ready to go somewhere now. Take care :-)" Your ex should see that you have moved on and that your mood is good, but s/he will not know why. Show everyone that you feel great, which could seem rather difficult right now, but if you correctly follow all of the daily instructions, you will actually feel great very soon!

Keeping distance and virtually disappearing is the key during this stage. After a while, your ex will start wondering what happened, and since it's a mystery to him/her, it will generate curiosity and attraction. After at least 30 consecutive days of distance and total silence, you will be ready for the first contact again.

In case your ex contacts you during this No Contact period, you should NOT reply. That's the most difficult part, believe me. Been there, done that! The fact that you got a text or call is a good sign, but you will not reply! Stick to the plan!

"Sorry dude, I really have to reply to this one, I'm so glad s/he finally texted me and it's such a friendly message. Possibly my problem is already solved and I don't need this book anymore. Thanks anyway!"

Dude/gal, don't reply. You are too busy right now reading this book, you need to focus, and you have a lot of work to do. You are going to dig deep, very deep. Do you really want to miss the magic of the No Contact period? I guarantee you; it will work like a brand-new car engine, and you're going to need some horsepower.

"But Brent, I didn't reply and now s/he is really furious and freaking out! WTF, I'm making it worse than it already was. This method doesn't work at all!"

That's the best thing that could happen. The fact that s/he is getting angry and emotional means that s/he misses you already. Perfect! Do NOT reply yet. Wait until the 30 days are over. No contact, no contact, no contact. Complete silence. Follow the magic schedule after finishing this e-book and ignore your ex for at least a full month.

Probably, however, you are now in the situation that s/he does not contact you at all anymore, and in a way, that makes it somehow easier for you, even if you would want it to be different. It could be that your ex already moved on and is in a new relationship. If that's the case, please don't freak out! It's probably a rebound relationship anyway and even if it's not, it's normal for you to panic just a little bit. Just keep the panic inside because your ex is not going to get married and is not going to totally forget you in just a couple of weeks. So be cool, and don't let yourself go! The fact that your ex has found a new partner can be a huge advantage for you, because that new lover is probably not perfect (nobody is), and your ex is probably still quite sensitive and fearing another disappointment. That new partner can be an eye-opener for your ex in your favor, because that new lover boy/girl is not using this program.

Now that the healing process is ongoing, you have a lot of time to work on yourself. Follow the instructions in The Magic Schedule to become a different, attractive person again. You have enough time to get healthy and to prepare yourself for a new start.

During this period, you will also slowly remove all negative posts and pictures from your social media. You will build up positive energy inside you and around you. Energy that influences, inspires, and attracts other people. You will continuously become a stronger person from now, physically and mentally. This will not only be beneficial for the relationship with your ex, but for your social circle in general. If you follow the schedule and tips exactly, you will feel much better and happier, and you will also notice that in the relationship with your family and colleagues. Your self-esteem will slowly rise, and your professional performance will increase. The result: even more confidence. That will mean that you're finally be out of that terrible negative spiral and ready for the next stage.

Now, if you break the No Contact rule, you will have to be honest with yourself and start from Day 1 again, even if you'd already reached Day 29. Thirty days means literally 30 full

days. Everyone has moments of weakness sometimes (like myself), and so it could be that in such a moment of weakness you have sent a text to your ex like “Hey, how are you?”. Maybe s/he replied, maybe not.

You have to start all over again each time you break the No Contact rule. Back to Start!

“The 30 days are over. What now? Can I send a text?”

Not just yet.

You made it. Congratulations! After 30 consecutive days without contact and working on yourself, it’s time to evaluate the situation. You will do this evaluation on the 30th day, based on a simple checklist. Only if you pass ALL 10 items, can you proceed to the next stage. Otherwise, you will start a new 30-day No Contact cycle. Yes, again 30 days, not less! Did you pass 7 of the 8 checks? Another 30 days! Trust me! Repeat it until you pass. It’s the only way for guaranteed success. After every cycle, you make huge progress. Don’t be afraid to extend the first stage voluntarily if you feel that you are not ready yet. Thirty days is the absolute minimum; 40 or 50 days is more effective.

Checklist Stage 1:



- You did NOT call or send any text messages to your ex or her/his best friends.
- You did NOT start talking with anyone else about your ex or your breakup.
- You did NOT post anything related to your ex or your breakup on social media.
- If you had to meet your ex for any reason, you kept the conversation SHORT and NEUTRAL.
- If your ex contacted you, you did NOT reply. Not even an emoticon.
- If someone else (e.g., a common friend) asked about the situation, you replied in a neutral or positive way.
- You have completed ALL of the instructions from Day 1 until Day 30. If something was not possible for any reason, you have performed a proper alternative instead.
- You don't wake up during the nights and worry about your ex in bed.
- When you wake up in the morning, the first thing you do is something else other than thinking about your ex.
- You feel better in general than before, physically and mentally, when you look at yourself in the mirror.
- You still want to be in a romantic relationship with your ex.

Make sure to buy the full e-book including the next chapters:

- Stage 2: On the Surface
- Stage 3: A new Relationship Is Born
- Stage 4: Attraction
- The “Magic Schedule”, a 77-day handy calendar with step-by-step instructions

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