

A dark grey silhouette of a man and a woman embracing, set against a solid orange background. The man is on the left, with his arms around the woman on the right. The woman has long hair and is wearing a dress or long top. The overall mood is romantic and intimate.

GET YOUR EX BACK

5 THINGS THAT EVERY GUY MUST
DO WHEN GETTING AN EX GIRLFRIEND,
FIANCÉ OR WIFE BACK

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GET YOUR EX BACK: FREE REPORT

5 things that every guy must do when getting an ex girlfriend, fiancé or wife back

1. Don't Waste Time With the No Contact Rule

You can get your ex to **instantly** feel respect for you again, simply by the way you talk to her, apologize for what happened and explain what you now understand about the current situation between you and her.

You can also get her to meet up with you "one last time" (don't worry, it won't be the last!) and then re-attract her at the meet up. The "one last meet up" technique has worked for almost all of my clients on the **first** phone call. Other clients have needed to ask for it two or three times before she eventually agreed.

So, do not waste any more time with the No Contact Rule. Sure, not contacting does get some women to call, but a call from her does not mean that you're getting her back. When she doesn't hear from her ex, a woman will usually call to check that he is still desperately hoping to be with her, which then allows her to continue moving on with the break up more easily. Why? Women aren't attracted to neediness and desperation in men. She will use the guy's desperation and pain to feel even more turned off by him and more able to move on.

If you wait too long to contact her, you run the risk of her having sex with another guy or falling in love with the new man she is already with. Rather than wasting time with the amateur "No Contact Rule," you've got to get her on the phone right away (don't worry – I will teach you how to get her on the phone, even if she currently hates you or has asked that you don't contact her).

On the phone call, you've got to **shock** her (in a positive way) out of the current state of mind that she is in and make her feel happy and curious to meet up with you "one last time." Don't worry – it won't be the last meet up – that's just way to get her to the meet up. You then need to get her respect and attraction back at the meet up, which I will also teach you how to do if you are interested to learn.

2. Don't Text Her Unless You Want to Arrange a Meet Up

According to countless studies by psychologists and social scientists, anywhere from 70-90% of communication between two humans is comprised of body language and tonality.

So, when you send a text to your ex, she has to GUESS at what tonality you'd be using, what your body language would be like and how you'd be feeling at the time if you were saying that to her in person.

If your ex currently hates you or perceives you to be needy and desperate, how do you think she'll judge your text? Will she guess that you are being confident, charming and cool or will she guess that there's a needy, hurting guy behind that text? In most cases, your ex will look at the text in a **negative** way and assume that you're in a bad place emotionally without her, which will then make her feel more repelled by you rather than attracted to you.

When getting an ex back, texting should ONLY be used to get her on a PHONE CALL so you can then arrange a meet up. Sending your ex any other texts will usually turn her off and make her want to distance herself from you even more.

So, don't send her pointless texts! Texts to an ex only have one purpose...

Only send her a text if the purpose is to get her on the phone to TALK to you, so you can make her feel respect and attraction for you and then arrange a meet up. On a phone call, your ex will be able to hear your confident, emotionally secure tone of voice (which will attract her) and get a sense of how emotionally strong you are without her.

If you aren't feeling emotionally strong without her right now, I can help you with that today. My program, [Get Your Ex Back: Super System](#) devotes 2-3 hours of video training to make sure that you are 100% confident and emotionally strong, so that when you do call or see your ex, she feels attracted to you and respects you, rather than feeling repelled by you.

Her renewed attraction and respect for you is so important.

If you call or meet up with your ex and she feels turned OFF by you, rather than feeling attracted and a little bit turned on, then you are pushing her away. You have got to draw her into you and make her WANT to see you in person. When you see her in person, you have to make her feel a renewed sense of respect and sexual attraction for you.

3. Understand What She Really Wants You to Change About Yourself

When a woman breaks up with a guy, she will rarely tell him the real reasons she is doing it. Why? For most of human history (and even to this day), women have been hurt and even killed for breaking up with a guy.

Women have a natural instinct to let a guy down as softly as possible and give him a feeling of hope that if he just keeps his distance, she may change her mind. For example, she might say, *"I need space for a while"* or *"Maybe we will get back together again in future"* or *"Give me a chance to think about it. Don't contact me for a month. We'll talk again then."*

In the meantime, she will quickly try to find another man who can protect her or she will at least try to kiss or have sex with another guy to get you out of her mind.

To get an ex back, you need to discover the **real** reasons why she has broken up with you and then make the correct changes to your behavior, conversation style and how you treat her. If you are interested to learn exactly how to make those changes right now, I recommend that you watch [Get Your Ex Back: Super System](#) When you watch my program, you will learn exactly what you need to say and do to prove to her that you've changed.

When you know the real reasons why your ex broke up with you, you can make the correct changes that will then make her feel understood and happy to be interacting with you again. On the other hand, if you don't know exactly what she **really** wants to change, you will most likely be offering the wrong things to her during conversation. For example: A woman might want her ex to be more of a man around her, but he is saying, *"I promise that I will treat you better. I will do anything"* which isn't what she actually wants from him.

You've got to be offering her what she really wants, not what you think she **might** want. If you are trying to get her back with the wrong reasoning, she will feel as though you don't understand her and it will make her feel even more repelled by you.

4. Fix Your Issues and Improve Yourself

To get an ex back, you can't say to her that you **WILL** change. You actually have to make the changes and then let her see that either in person, via your online presence on social media sites (Facebook, Instagram, etc) or apps (Whatsapp) or use the text messages that I provide with my [Get Your Ex Back: Super System](#) to convince her to get on a phone call with you.

It doesn't matter if she's blocked you from Facebook or if either or you don't use social media; simply get in contact with her either via e-mail or text message using the examples I provide. If she isn't responding to you now, it's because you are sending the wrong type of messages to her. You've got to send her a message that makes her feel understood and gives her the impression that you've already changed the things about yourself that she broke up with you for.

A woman who lacks experience with relationships or who can't find herself another guy, will sometimes miss her ex and give him another chance even though he hasn't changed anything about himself. Yet, she will then dump him once again when she realizes her mistake.

On the other hand, a woman who has a lot of experience with relationships or who has other guys interested (or already hooking up with her), will rarely, if ever, give an ex another real chance unless he changes things about himself that caused her to break up with him.

5. Don't See Any Other Guys as Competition

Women are not attracted to insecure jealousy, so no matter how much she tries to make you jealous or how insecure you feel (e.g. because she's already with another guy or interested in another guy), you cannot show that **at all**.

Women are attracted to confidence and turned off by insecurity. You have to know that you are better than any other guy she could meet. Your ex then has to see that or hear it in your voice when you talk to her. She has to get the sense that other guys do not make you feel insecure. They are nothing compared to you.

If you don't have that type of confidence in yourself, then let me give you that confidence as you go through my proven to work program, Get Your Ex Back: Super System. I've already helped thousands of guys to get their ex back and I would be honored to help you too.

GET YOUR EX BACK: SUPER SYSTEM

The only proven system for getting an ex girlfriend, fiancé or wife back. This is what works. I offer a 30-day money back guarantee. Try it for yourself and see.



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Get Your Ex Back: Super System with two bonus programs, plus two advanced programs about being the type of man that women desperately want to stay with when in a relationship.

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