How to Get Your Ex-Boyfriend Back (and Keep Him) in 7 Steps



It doesn’t matter who broke up and why, you want him back no matter what. How do you get him back? What works, what doesn’t and why? Make sure you don’t mess up, or he might never want to hear about you again, let alone get back together. Here are 7 tips to help you make him love you more than ever.

There’s a reason he’s your ex-boyfriend, and your job is to erase that reason out of his memory – forever. He’s out there, dating other women with more or less success. Is he still thinking about you, does he still love you; does he also want to get back together?

Who knows! Maybe he does, maybe not. Either way, you want to hook up again because you’ve realized you still love him. Every other guy you meet can’t match his qualities and this just makes you go insane. Every date you go on with some new guy seems boring and shallow, you find yourself comparing him to your ex and this makes you feel even worse.

It’s time to get THAT guy back into your life.

But how?

Smack him over the head with a brick, throw him in the trunk of your car and take him home. Okay, maybe not. Let’s try something subtler.

Here’s how to get your ex-boyfriend

back:

You need to make him feel terrible for breaking up with you. He should feel like a dumbass for letting you go. That’s what you need to make him feel like if you want to get him back. You won’t get him back by spying and stalking him (stop checking his Facebook every 2 minutes), but by making him remember all the great times you had together, and making him imagine how nicer life could be if you were still together.

This requires you to make some radical changes in your life.

Stop and give at least 30 seconds of thought to each of the questions below. Answer honestly; Say it out loud to yourself.

- What is it that went wrong in your relationship?
- Why?
- What is it that he did not like about your relationship?
- What would you do differently if you got back together?
- What did he love most about your relationship?
- What did you love most?
- What was restricting the love in your relationship the most? What was stopping it from growing further?
- Did you give your absolute best to make the relationship work?

Think about these questions. Don’t be too critical of either him or yourself. All this emotional bullshit, arguing and blaming each other for crap is one of the reasons you might have broken up in the first place.

We rarely know what we have – until we lose it.

Now you know what you’ve lost, and you are about to get it back. Nobody can guarantee you that you’ll end up being together again – but, in at least 90% of the cases, it’s totally possible. You must believe in the possibility.

- Why did you guys fall for each other in the first place?

- What connected you?

There must have been something that he fell in love with in the first place.

- Why did this disappear?
- Did you take each other for granted?
- Did you both get lazy about your relationship and just left it on autopilot?

The reason you must answer these questions to yourself is so that you can determine a couple of things. First, do you really want to get him back, will you be happy or are you just lonely right now, but deep inside you know that it probably won't work out if you get back together? You must believe that things will work out between the two of you and that you can be happy together again. Otherwise, if you don't have total belief in this relationship, then it's not worth trying to get him back.

I'll assume you've decided that things can work out between you and him, so now, the question is – what can you do so that he believes in your relationship too?

#1 Get Better

As mentioned above, you need to be better than what he remembers you to be. Hotter. Way hotter. This can be a huge motivator to any guy to get back together. It's important that you don't see each other for some time, and then once you do – he is just blown away by how much prettier you've become.

This will make him feel horrible that he can't have you anymore whenever he wants. Desire kicks in, and now he feels like an idiot for not staying with you. After he runs into you, he'll think "Gosh, she looks amazing!" – just wait to see

his jaw drop when he sees how you look 5 times better. I know this sounds shallow, but it works simply because most guys think with what they've got in their pants, not with their heart or brain. Even if he's a pretty smart guy, physical attraction can be the first step to getting your ex-boyfriend back. It's just the first step, but it's a crucial one – 'cause now you've got your foot in the door. You throw a hook and wait for him to bite.

#2 Forgive Him

The second step to getting your ex back is forgiveness. You'll never be able to be together again if you can't forgive each other. Initiate this yourself. Why did you break up? Did you cheat, did he cheat, did the love evaporate, or you got bored, what is it? It doesn't really matter the point is that you give each other a clean slate. Don't talk about what happened in the past with him.

Start over. Click the reset button. Whatever he did wrong – get over it. Forgive yourself if you've made mistakes and forgive him, you are both guilty in one way or another, and reminding each other about it won't help. You can't get back together if you are enemies, so stay close to each other by forgiving. Let the past go. Every day is a new opportunity for you to have a better life with a great guy, maybe it's him – and now that you're starting over, you've learned from your mistakes, but you can continue on only when you manage to forgive.

#3 Don't Find a New Guy

Listen, sure, finding some new dude may be okay for you as a

bandade, but it won’t help you get your ex-boyfriend back. You should make him jealous in a smarter way. Like, he should see that there are guys mingling around you, but don’t let him see that you’ve actually found someone. Don’t post stupid, drunken-party pictures on Facebook of you making out with some random dude.

That definitely won’t help, he’ll just hate you and he’ll feel hurt, almost as if you were cheating on him. Instead… he has to see that you are still emotionally available for him, you just need some space and time to heal after your break up. Hint him that you might like to get back together, but don’t attack him about it. Give him space and see how he reacts.

#4 Change Yourself

Look, if you’re serious about this guy and you really want him back in your life, then you must change. Changing may not be easy, but it’s necessary if you want your relationship to be better than the last time. It’s quite simple. If you keep doing what you’ve been doing – you’ll keep getting the same results. So don’t expect a happily ever after, supercool happy ending if you aren’t willing to do things differently than you did before, otherwise you’ll just end up breaking up again.

So, find out what messed up your relationship and work on it. Were you too cranky, moody, jealous, demanding, insane, nagging-all-day, not giving him his space and freedom, disrespectful, got fat, made out with another guy, or you just sucked in bed? Whichever it was – fix it. He needs to see that, after a month or so of breaking up, you are progressing; suddenly you became a different person. But do it for you, not for him. Once he sees how much different you became he’ll wish you never broke up in the first place, he’ll want to give the whole thing another chance too.

#5 Initiate Contact

Now, it’s time to actually get back in touch with your ex. It depends; maybe you didn’t see each other, or talk, for months, or even a year. Maybe you just broke up two weeks ago and everything is still very emotional and fresh. Either way, you can’t get back together with him over the phone, so you need to see each other.

My suggestion, from a male perspective, having sex immediately once you meet up again may be a wrong choice. Even if you’ve been together for a long time before, it’s good to make everything seem new, and different. If he messed up, and that’s the reason you broke up, you shouldn’t make it that easy for him to get back together. Throw in some temptation.

He needs to desire you, a lot. Be sexy and provocative, but don’t sleep together the first time you meet to “catch up” and see whether he also wants to get back together or not. Let him think about you. Drop a hook, and make him feel horrible when he sees how much you’ve improved, how well you are doing, how sexy you look and how your life is taking another direction. Don’t try to fake it. He knows you and he’ll know whether you’re full of crap or not.

For real, change yourself for the better; let him see that and he’ll want to be part of it. But you won’t let him back into your world overnight – even if you really, really want to get him back, don’t. You both need some time to appreciate each other for other things then sex. And when the sex does come, it better be mind-blowing. Then again, don’t be clingy and don’t call him every day after that – love all over again – instead, take your time. Let him think about you and worry a bit.

You had sex, but do you want to get back together or not? Let him wonder and guess, let him compare you to other women he might have been with since you were apart. He’ll soon realize

what a mistake he’s made, and he’ll never want to make that mistake (breaking up with you) again.

The point isn’t just that you get your ex back, but that you KEEP him. Often folks just have sex again, once or twice, but things don’t work out and they end up breaking up again. So don’t take anything for granted. Make sure he has the best night of his life when you make up, but after that don’t drop into your “old” relationship with your ex, instead – create something new.

Keep it different. All the bad experiences you had in the past with him, everything that reminds you of those not-so-happy experiences – try to avoid them. Change your apartment if you can, move, have some tangible things that are different, clothes, your perfume, anything that makes him feel as if he was with a new you, a better you, that he’ll never want to let go no matter what.

When you guys meet up for dinner/coffee, whatever, don’t talk about the past , why you broke up and stuff like that. Ask him what’s new in his life, how he’s doing, maybe remind him of something nice that only you know about him that you can both laugh about it. Keep the conversation light. Super-emotional, could-a, would-a, should-a stuff will just bring you back to where you were.

Then and there, don’t analyze, argue or talk about negative stuff. Turn the page. Keep walking in a new direction. It’s your ex-boyfriend that will become your new girlfriend, it’s you – his ex-girlfriend, that will become a new girlfriend. Give each other a clean slate. When you leave the place, don’t kiss. Give him a deep gaze, let your eyes, not your mouth say: I love you.

Let him see it, but don’t say it. Tell him you had a great time, and that you could meet up some time to hang out… he will feel like his leg was chopped of for not kissing, but he

will know that you want more, that there might be a new, bright future for the two of you. All night he'll be flipping around in bed, thinking about how beautiful you are and how much he wants to get back with you. I'm not saying you should be ice-cold when you meet up, on the contrary, be cold, but a bit mysterious, make him wonder.

Don't just throw it in his face that you still love him and that you want him back. Be stronger than your emotions. Give the whole "getting back together" process some time; make a good foundation for that future you'll build together.

#6 The Night of His Life

Okay, as mentioned before, eventually, you'll end up at his or your place, taking your clothes off. This night is what will decide whether you'll get him back or not. I know this sounds shallow, but it's the truth.

Men are comparing creatures and whether you want him to or not, he'll subconsciously compare you to other women in his life. Maybe he's with some new girl right now, and that's the one you need to take him back from. How do you make sure that this won't just be a one-night-stand with your ex-boyfriend?

You must be mind-blowing. Everything about you needs to blow his mind. From your lingerie, to your smell, your look, your soft skin, your whole energy and aura needs to excite him to a level he did not know is possible. The moment when he reaches climax is the moment he'll figure how brilliant you are and how stupid he was to ever leave you.

This may put pressure on you and make you feel self-conscious, and it should. The fact is, you conquer a man's heart by conquering what's in his pants, like no other woman ever

could. Everything after that is easier. Yet again, this night needs to be different than in the past. It should not remind you too much of the time you were together before, it needs to be better.

This is why it’s ideal if you do it at your place, ’cause then you can prepare a bit, you can make the atmosphere amazing. Anything you’ve not been doing in the past, but know he loves, now’s the time to get with the program. You never gave him oral when you were together before? Are you too shy to talk dirty? Do you hide under the cover?

Think about what you could do better to show him the best night of his life with you and you’ll triple your chances of getting him back.

Hate me all you want for telling you this, but it’s what works and what has worked for thousands of women around the world that got back and kept their ex-boyfriends.

#7 Don’t Take Anything for Granted

Seems like you’ll get him back. You’ve seen each other a couple of times and things are going good. It seems like all will work out great! But wait, and re-think it. Don’t fall into the trap of thinking all is good now and that you’ll just be fine… you may not. People that get back together tend to go back to their old, real ways, because they did not make any real, fundamental changes to their lives.

It was just a mask. Beware, as if you both go back to your old ways of arguing and dealing with problems, you’ll get back to where you were – apart. Don’t let that happen. Don’t get lazy and don’t take things for granted. The first few weeks of being together again as also the first few weeks where he’s most likely to “run for his life” and leave you or just decide that you shouldn’t have gotten back together in the first place.

How can you prevent this? Really, change. Make him change too. When you become better, you have the right to expect him to get better too. Build a relationship where you grow and improve together as individuals and partners, not enemy's that slow each other's progress down. He is not yours and never will be, not even when you both have a ring on your finger, so don't view him as a thing you've got a right over, like owning a car or your shoes.

He can walk away and probably will if you treat him as property. Instead, view him as a customer. You want to make a loyal customer out of your boyfriend that isn't forced to buy at your shop, but loves to "shop" at your store because he gets treated better than anywhere else. He then grows to need you, love you, and want you – every single day.

There's more to getting your ex back than this post of course. Every situation is different and requires a slightly different approach. Hopefully at least one tip from above rings a bell and gets you closer on your path to getting Mr. Right back to where he should be, with you, the perfect girlfriend for him. Once you get him back, don't take him for granted – a relationship… love… is something you must work on and maintain so that the fire keeps burning, if you just leave it unattended it'll either go out or get out of proportion and burn down a whole forest.

Laziness is why most relationships fail, and that's what happens when people take each other for granted. Don't be one of those couples. Take initiative if he doesn't, you can totally do it! I believe in you.

p.s.: Here's the 8th step – DO NOTHING. It's a bit unexpected, but can work to. Simply, don't call him, don't try to get back in touch (if he left you), and just wait, forget about him, move on… show power by not making the first move, he'll wonder

how come you didn’t try to get him back. It might be an alternative idea. If nothing else works.

Once you get him back – drop a comment below, let us know what has worked for you, what you did, how and why? Others could benefit from your experience.

Jason