



# facebook

RELATIONSHIP

# REWIND



# By Dean Cortez & Samantha Sanderson

|  |           |
|--|-----------|
| Why Humans Act The Way We Do:.....   | 5         |
| Delusional Feelings: .....   | 8         |
| The Push-Pull Theory .....   | 9         |
| <b>3 Deadly Facebook Mistakes Made By Exes .....</b>                           | <b>10</b> |
| Deadly Mistake #1: “The Secret Stalker” .....                                  | 10        |
| Deadly Mistake #2: Perceived Rejection .....                                   | 12        |
| Deadly Mistake #3: The “Typical” Profile .....                                 | 13        |
| <b>CHAPTER 2 - ATTRACTION AMPLIFIERS .....</b>                                 | <b>15</b> |
| THE NEGATIVE-EMOTION NEUTRALIZER 2.0 (NEN 2.0) .....                           | 29        |
| <b>CHAPTER 3 - [NEN 2.0] STEP 1: IDENTIFYING THE CORE REASONS .....</b>        | <b>31</b> |
| Gathering Information.....   | 32        |
| Figuring Out Yourself: .....   | 33        |
| Figuring Out the Problem Some Other Way: .....                                 | 34        |
| Figuring Out the Reasons and Working On Them:.....                             | 35        |
| Gender-Neutral Problems .....  | 35        |
| The Problem With Guys.....   | 35        |
| The Problem with Girls... ..   | 38        |
| <b>CHAPTER 4: [NEN 2.0] - STAGE 2: UPGRADING YOURSELF TO VERSION 2.0 .....</b> | <b>42</b> |
| The island analogy .....   | 49        |
| Change is a part of relationships .....  | 49        |
| Sometimes it’s not you, it’s your ex .....                                     | 50        |
| Upgrading yourself to something even better .....                              | 50        |

|  |           |
|--|-----------|
| <b>Your steps towards self-improvement.....</b>  | <b>51</b> |
| 1. Looking back at what might have gone wrong in the relationship .....                | 52        |
| 2. Improvements to your core characteristics.....                                      | 52        |
| 3. Be ambitious and passionate .....   | 53        |
| 4. Developing interests and hobbies.....   | 55        |
| 5. Growing into a “new You” .....  | 56        |
| <b>The outside: .....</b>  | <b>56</b> |
| For GUYS:.....   | 56        |
| For GIRLS: .....   | 58        |
| <br>   |           |
| <b>CHAPTER 5: [NEN 2.0] - STEP 3: SOCIALIZING AND EXPANDING YOUR COMFORT ZONE.....</b> | <b>59</b> |
| <br>   |           |
| <b>CHAPTER 6: [NEN 2.0] - STEP 4: USING FACEBOOK TO PLANT EMOTIONAL SEEDS .....</b>    | <b>65</b> |
| <br>   |           |
| <b>Planting Emotional Seeds with Environment Engineering .....</b>                     | <b>65</b> |
| Your Profile .....   | 66        |
| <br>   |           |
| <b>CHAPTER 7: [NEN 2.0] - STEP 5: MAKE YOUR EX LUST FOR YOU AGAIN.....</b>             | <b>70</b> |
| <br>   |           |
| <b>CHAPTER 8: [NEN 2.0] - STEP 6: MEETING UP WITH YOUR EX AGAIN .....</b>              | <b>77</b> |
| <br>   |           |
| <b>CHAPTER 9: [NEN 2.0] - STEP 7: PASSING THE TESTS YOUR EX WILL GIVE YOU ..</b>       | <b>90</b> |
| <br>   |           |
| <b>CHAPTER 10: [NEN 2.0] - STEP 8: GETTING BACK TOGETHER.....</b>                      | <b>97</b> |
| <br>   |           |
| <b>Facebook Frame Control .....</b>  | <b>97</b> |
| <br>   |           |
| <b>What You ABSOLUTELY MUST NOT Do.....</b>  | <b>97</b> |
| Do NOT Introduce Yourself as a Normal Friend .....                                     | 97        |
| Do NOT Talk About the Breakup.....   | 99        |
| Facebook Chatting.....   | 99        |
| Do NOT Make Your Conversations "Casual" .....  | 99        |

---

# facebook Relationship Rewind

|  |            |
|--|------------|
| Keep Your Conversations BRIEF .....                                      | 101        |
| Do NOT Give Your Ex the Attention He or She is Asking For .....          | 101        |
| Keep the Spotlight on Yourself .....                                     | 103        |
| Carry on Planting Emotional Seeds .....                                  | 104        |
| What to Do During Facebook Chats with Your Ex .....                      | 104        |
| What NOT to Do During These Facebook Chats.....                          | 105        |
| Other Things to Consider: .....  | 106        |
| Do NOT Get Into Other Facebook Interactions Too Often .....              | 107        |
| Other Interactions and What to Do: .....                                 | 108        |
| Other Interactions and What NOT to Do: .....                             | 108        |
| Do NOT Let Your Ex Control the Relationship Framework .....              | 108        |
| Controlling the Relationship Framework .....                             | 109        |
| <br>   |            |
| <b>CHAPTER 11: HITTING THE “RESET” BUTTON ON YOUR RELATIONSHIP .....</b> | <b>111</b> |
| <br>   |            |
| <b>Facebook relationship rule 1: .....</b>                               | <b>113</b> |
| <br>   |            |
| <b>Creating and managing intervals .....</b>                             | <b>113</b> |
| Tales from the Abyss: The Betrayal .....                                 | 114        |
| <br>   |            |
| <b>Rule 1. Things to Do: .....</b>                                       | <b>117</b> |
| <br>   |            |
| <b>Rule 2: Building up the bond .....</b>                                | <b>118</b> |
| Ideas for Building a Stronger Personal Bond .....                        | 119        |
| Bonding with Your Lover’s Social Network .....                           | 119        |
| <br>   |            |
| <b>CHAPTER 12: TROUBLE SHOOTING WITH THE INSTANT COMPETITION CRUSHER</b> |            |
| <b>.....</b>   | <b>122</b> |

If you're like most people... Facebook has been good for chatting with friends, reconnecting with long lost relatives, and watching cat videos.

And I love a cute cat video as much as the next girl... but there's so much more you can do with this amazing tool.

When Mark Zuckerberg created the original Facebook website in his college dorm room, nobody had a clue how powerful and how widely-used it would become.

That's why I created this book - because of the 2.23 BILLION users Facebook has. Your ex is almost certainly on there somewhere, just waiting for you to reach out.

You're looking at a complete course on how to use and leverage Facebook to reconnect with an ex, respark the romance and bring him back into the fold.

Here you have everything you need to get your approach right, and then use Facebook in the right way, so that you can rekindle just about any relationship, without coming across as desperate or a weird online stalker.

In fact, this material is so powerful, it could be used for evil instead of good, in the wrong hands. So please keep these ideas to yourself, and they'll serve you for many years to come.

## **Why Humans Act The Way We Do:**

Before you learn the secrets needed to get your ex back, you first need to understand how the human mind works. So let's start with a basic question: When you have to choose between chocolate ice cream and vanilla ice cream, do you really think it's a simple choice? Most people think that whatever decision they're making is entirely their own, they think they're in complete control of the process.

If you study psychology, however, you'll soon discover that human behavior and thought processes are vastly affected by various factors that are beyond our control. Maybe you don't realize it, but your decision-making process is predominantly controlled by your subconscious mind, which often dictates and controls your final decision. Often, we just mistakenly believe that what we decide is coming from our own rational and conscious processes, not from our subconscious mind. In other words, we don't realize that our subconscious mind is the master in control of all of the decisions.

How does this happen? Your subconscious mind calculates a wide range of memories and biases associated with the situation at hand and then arrives at a decision. This is also true when it comes to attraction and dating in relationships.

If you think logically about attraction, you'll reach very different conclusions compared to the decisions and conclusions that resulted from your emotional experience of attraction. This is important to realize if you want your ex to fall back into your arms. Do you think that the choice to return is a conscious rational decision or a subconscious decision? After all, at the end of the day, we don't want to get our exes back if it's not the best choice for us *and* them. You want your ex to come back for the right reasons so that your ex will love you even more than before the breakup.

After a traumatizing breakup, a volcanic eruption of emotion occurs inside you. The pain and sorrow can cause you to lose all your positivity and hope. Your dreams of a happy ending between you and the one you love have been shattered.

Often, feelings such as disbelief can take you into a state you were never prepared for, while anger or guilt can lead you to thoughts that aren't really true. You can easily end up mentally and emotionally confused and lost. Then you may start to make decisions that only make things worse. During this stage, you can't separate the possible outcome of what you're doing from what you really want. This mentality causes you to do things that drag you to a place where you never wanted to be.

The worst part is that you may do something without realizing that it's really not a good idea. This is because you're not the one thinking, here it's your subconscious. The pressure created by that heavy ball of emotions builds up in your inner mind, diminishing the mind's ability to process healthy thoughts. As a result, you can easily end up as a complete psychological mess.

At this point, you need some guidance. You need something that will cure your blindness, allow you to see things as they are, and give you dominion over your thoughts once again. You need something that helps you to realize what you really want and then shows you the right pathway for the future.

Maybe you're staying up all night on a regular basis, thinking about the mistakes that you and your lover made in the relationship. Perhaps you're writing a script in your mind of how to address the situation with your ex the next morning. While this is happening, your subconscious is making you think that directly addressing the situation with your ex will somehow open up his or her eyes and bring the relationship back together. That's usually far from the realms of real possibility.

You may also be blaming yourself for whatever may have happened between you, allowing a feeling of false guilt to enter your mind. These feelings could prevent you from being able to build the confidence to reunite with your ex someday.

Just think a little, do you really believe that doing any of the above is going to help you achieve what you REALLY want? No, you're just going to be dragging yourself further away from the finish line.

Suppose you break up with your lover and a month after the breakup, you see that your ex has become a new and improved person. You notice the increased demand for him. You see from Facebook photos that he's been hanging around doing awesome things with attractive people he probably didn't even know a month ago. How do you think you'd feel? I don't know about you, but I know that feeling very well. The first thought that probably comes to mind is that

it was a mistake to break up with him. The second thought is that maybe it's still not , over maybe there's still a chance to get together with your ex.

That's exactly the impact you want to create in the mind of your ex. The core strategy of this book works to obliterate the negative emotions your ex may associate with you and replace them with strong emotions about your positive attributes. You will learn how to use Facebook effectively to maneuver your ex right back into your arms.

The first purpose of this book is to help you start to push aside all the negative emotions you are feeling and then sort and organize your thoughts. You need to make your conscious mind fully functional again. Then, you will learn about the actions you need to avoid, as well as those actions you need to take. The soul of this guide is the demonstration of various Facebook tactics and ways to use its features to your benefit in order to win your ex back.

But first things first: take a second, relax, and promise that wounded heart of yours that everything is going to be okay.

### **Delusional Feelings:**

When you suffer from a breakup, your heart can fall empty and feel the urge to somehow fill itself again. In this case, what you may tend to do is fantasize about your ex, check your inbox for old messages, stalk your ex's Facebook profile to see what she's up to, and so on.

Again, what you probably don't realize is that these actions just deepen the emptiness you feel, increasing your feeling of loneliness. Your subconscious mind generates an urge that makes you believe that if you feel close to that person again, you'll feel some sort of inner peace.

This is all just a , delusional state of a false belief that is resistant to the reality of the situation. What's really happening here is that instead of trying to

heal the damage that's taken place, you're hurting yourself even more and diverting the pain from the previous wound to the new wounds you're making.

## The Push-Pull Theory

The Push-Pull Theory is part of reverse psychology, which is the theory that teaches you how you achieve something by doing the opposite of what is desired or expected.

After the breakup, the person who has been left usually reacts vigorously due to the feeling of having lost something precious. Many people in these situations proceed to text their exes, leave messages on their phones, and pester them however they can in the hopes of reconciliation. In other words, when someone gets dumped, he or she usually ends up acting desperate.

Take a second and try to understand that for your ex, the reasons for the breakup are still valid. Your ex still holds that same set of reasons in her mind that led to her wanting to be apart from you. With the heft of that wedge still driven between the two of you, you can't possibly think about trying to get your ex back. Even if you *are* able to do so, I can guarantee that you won't be able to hold the relationship together for long before you suffer the same outcome again.

So, what's the Push-Pull Theory? Well, a "push" is the act of ignoring, showing a lack of interest, or even just playing it cool. Here, you can consider the whole act of breaking up as a push, , a very strong one, for that matter. The "pull" is the exact , opposite or significant other for some time, some attention, or a chance to explain yourself. You may eagerly try to resolve things, which will look more like begging, rather than actual compromising.

Often during a breakup, when someone's being pushed away (broken up with), he or she pulls with twice the strength and intensity. This just makes the process even messier and the situation uglier. It can also cause your ex to push even harder in response, pushing you further away from your goal of

reconciliation. This repeated pushing and pulling can destroy any chances of reconciliation you ever really had.

Look in the mirror and ask yourself how you are feeling. You probably feel lonely, sad, or empty. Just , think you can't be the only one who has that flat emptiness inside. Your ex also heavily invested time and feelings into the relationship. You can bet that he or she is probably conflicted about the breakup, too, and may right now be feeling a similar emptiness. But while your ex may be feeling the same kind of sorrow that you're feeling, the difference is that the two of you aren't going to be experiencing it in the same quantity at the same time.

As time passes, your hollowness will lessen and your ex may start to feel lonely. Soon, your ex may be feeling just as bad as you do right , now and that's when your ex will be eager to reconcile. That will be the moment when the love that the two of you shared will resurface and start to work on your behalf.

As hard as it is, what you need to do now is give your ex some time. You have to start pushing while you wait for the moment when your ex starts to pull. You achieve this by maintaining a strict no-contact period of about 30 to 60 days during which you do not contact your ex. The length of the period depends on the specifics of the breakup and the relationship.

During this period, you should be relaxing and making necessary improvements to yourself. Meanwhile, your ex is going to be losing her cool and realizing the mistake she's made. Remember, the two of you shared equal halves of the passion early in the relationship and the breakup is likely to cause equal amounts of emotion in both of you.

### **3 Deadly Facebook Mistakes Made By Exes**

#### **Deadly Mistake #1: "The Secret Stalker"**

If you're one of those people who are constantly spying on your ex's timeline, you have to cut it out. This could mean that you're either checking out the new "attractive" people your ex is connecting with, looking at pic after pic of your ex, or constantly checking your inbox to see if he's read the Facebook messages you've sent. This is the most common mistake people make. Spying on (and obsessing over) your ex like that is a way of insulting yourself and preventing your own healing.

Remember that it has to be the other way around. As I said earlier, , right now your subconscious is depressed, confused, and frustrated. You are not thinking productively. You're doing things that are as illogical as eating soup with a fork. What you're suffering from is the classic "Delusional Ex Disorder." Your mind is giving you the thought that somehow spying on your ex's profile is going to help you get your position back in her life.

On the other hand, you may feel closer to your ex when you spy on her profile and activity. Maybe your heart is feeling alone without her presence and you're trying to douse the suffering by staring at her profile or photos. Don't forget that when we are in emotional breakdowns, we lose our natural way of logically perceiving things. Our messed-up minds can't decide what's good for us and what's not.

Remember that by doing these things, you're just screwing up your mind even more. Plus, by constantly reminding yourself of your ex, you're prolonging your own emotional pain. The worst thing is that while you're watching, spying, and stalking her profile, you aren't actually DOING anything to get your ex back.

If you don't stop this stalking right now, the only thing that'll happen is that you're just going to see a bunch of other people flirting with your ex. Then, on one very unlucky day, you'll see your ex change her relationship status to "in a relationship" , again and this time it will be with SOMEONE ELSE.

And the burn? The only person to blame for what has happened will be YOU. Why? Because you were so confused and unable to focus that you couldn't do anything to actually get your ex back. It's likely that at some point your ex was

craving you. If not, she probably would've been if you had honored the no-contact period long enough to make her miss you.

So, if you've fallen prey to the temptation of becoming an Ex Stalker on FB, STOP this very moment. Right now you're doing nothing but just screwing up your chances of getting back with your ex, as difficult as that may be to hear. If you're freaking out because you've been doing this, chill out. It's not the ideal way to get the process of reuniting with your ex started, but it can be fixed. I'm going to be showing you exactly how to get back on track.

We've already discussed reverse psychology and the Push-Pull Theory. Your first step to getting your ex back will be to put that theory to work. Soon you'll be learning about "undercover ninja tactics" that will help you get the best info on your ex and use your spying for something productive for once. You'll learn how you can *upgrade yourself* to resolve whatever flaws you might have, then we'll discuss *environment engineering*, a foolproof way of creating an environment around your ex that'll make her go completely crazy for you.

And later on, we'll show you the secrets of re-attraction and how you can apply them on Facebook. Trust , me your ex won't be able to control the urge to get you back into her life.

## Deadly Mistake #2: Perceived Rejection

I understand that your emotions are running high right now and you're having a hard time accepting what's happened. You're probably thinking about trying to get your ex's attention. You may be thinking about asking your ex to give you another chance by messaging him on Facebook or leaving wall posts.

I understand how you feel when you get no response from him whatsoever. Right now your mind is confusing you, providing negative assumptions about what has happened or about the way he is acting. Believe me, this negativity will take you nowhere. If you don't stop doing this right now you'll end up someplace

soaking in guilt and disappointment without any positive thoughts with which to dry yourself.

What do you think is going through your ex's mind right now? He has to have some negative thoughts about you that made him leave you. That same negativity is what's causing him to reject you now. You may not even know for sure what caused the whole problem, but soon you'll be able to hack into his mind using our *undercover ninja tactics*. You'll get to know exactly what the problem is, making it much easier to overcome.

Stop taking perceived rejection so personally. You may be certain that your ex is sick of you or ignoring you intentionally, but let me assure you that it's probably nothing like that. As I explained earlier, he probably has the absolute same feelings for you that you have for him—they've just been temporarily repressed because of the recent troubles you experienced in your relationship.

If you've sent your ex messages, he's definitely read them and is probably also checking your Facebook profile from time to time. The problem here is that you're not giving your ex a REASON to contact you. I'm going to show you how to plant emotional seeds in his mind that will make it impossible for him to resist contacting you. The best part is that you don't need to put in any more work. You don't need to send him any more messages. You just need to sit back and let your ex do the contacting.

### Deadly Mistake #3: The “Typical” Profile

The third deadly mistake is having a “typical” Facebook profile. You might think there's nothing technically wrong with your profile, but I bet I could spot at least three things that are stopping your ex from wanting to contact you.

Your ex will be checking on you on Facebook just like you will be checking up on her. A typical profile won't catch her attention, it'll just lessen her interest in you. This is a lot more serious than you can imagine. If you don't take the

opportunity to impress your ex via your profile and change this problem, it's only a matter of time until she moves on to someone new.

It's in your best interest to learn the importance of a compelling profile. Your profile is what you're using to connect with others on Facebook, after all. Your ex is obviously not hanging out with you , now that leaves your Facebook profile as the only way she can get to know how you're doing and what you're up to.

The primary stage of creating an attraction is the analysis of your flaws and the creation of a profile that makes your ex attracted to you again. You can use your profile to send different signals that'll strike her with curiosity over the "new You" and generate the desire to have you back.

Further on I'm going to be showing you the *timeline rewind* technique, which is a technique used to "plant emotional seeds" in your ex's mind that'll make her fall for you all over again. Then you'll learn the *attraction amplifier* method, which you'll use to stimulate your ex's feelings and make her want you more than she ever did. Just keep reading!

## Chapter 2 - Attraction Amplifiers

### **Attraction Amplifier 1: Invisibility:**

According to the rules of the no-contact period, you're not going to give your ex much of an opportunity to talk to you. Your ex should not even be able to FIND you online unless you want to be found! Why? Let's jump to our first secret adjustment.

**Invisibility on Facebook:** One of my most favorite things about Facebook is that you can control your visibility. Other IM or social-networking websites also have the "invisibility" option, but in those cases, it's an all-or-nothing, deal you either have to be online to everyone or offline.

Invisibility means having an "offline" status, even when you're right there in the mix. Many people might log into an instant messenger to see what's going on around them and not really have the time to chat with everyone. At that point, these people have to start telling everyone who messages them, "Sorry, can't chat, I'm a little busy." This can start to get frustrating (not to mention time-consuming). For this reason, most IMs give you the invisibility (or "appear offline") option.

**Application:** You already probably know about the "turn off chat" option. That's not what I'm talking about here. Turn off your chat and you'll appear "offline" to all of your friends.

Like this, you won't get to know who's online and you won't be able to chat with them on Facebook.

Socializing on Facebook is an important step to getting your ex re-attracted to you. Also, you don't want to shut down your social life, by any means. So you can't have your chat always turned off. Besides, it's a pain in the butt to change your status to "offline" every freaking time you see that your ex is online. It may even look juvenile to your ex because he's sure to notice that you log off every time he logs on, worse still, he might get the idea that you're RUNNING from him. Looking

like a coward isn't part of what this book wants to teach you . . . and it will only lower your value in the eyes of your ex!

Instead, Facebook lets you choose exactly which individuals you want your online status to be viewed by. All you have to do is go to the chat options, then to the advanced options and a box will pop up saying, "Turn on chat for all friends except \_\_\_\_\_." Select your ex's name and your ex will see you as offline even when you're actually online. Simple!

**How you're going to use it:** Remaining invisible to your ex is an important step in the no-contact period. It allows you to control your ex's perception of how you use your time. Showing up to your ex as "online" once in a while will also be useful. You have to show your ex that you're not running from him and you're not dying to have him back. Rather, you're giving him a push away by showing him a lack of interest.

Depending on what you think the chances are that your ex might message you, you need to decide how long you're going to keep yourself invisible to him online. Showing yourself online isn't going to help much in creating re-attraction, therefore, if you feel like it, you can choose to keep your ex from seeing you online for the entire no-contact period. Furthermore, if he doesn't see you online often, he'll be curious. "Is she busy dating?" "What's she doing?" He'll be consumed with curiosity. That's good, curiosity is what we want!

Later in the book, we'll show you our environment engineering and negative-emotion-neutralizer methods. You'll want to combine them with the secret weapons in this chapter to get the best results.

### **Attraction Amplifiers 2: Seeing without really seeing:**

Facebook recently added a feature that tells users whether their messages have been viewed by the receiver. It's a pretty cool feature that a lot of other instant messengers use nowadays, too.

Suppose you've decided to appear offline to your ex and you're just doing your usual Facebook stuff. Suddenly, your ex sends you a message. Now, I

completely understand how eager you're going to be to see what your ex has written. But in certain cases, you're going to want to avoid giving a prompt reply. This is solely because you're giving your ex the idea that you're doing other things on Facebook (or in real life) that are more important. You don't want to look as if you're waiting breathlessly for her to message you.

Imagine your ex sends you a message, immediately sees the "seen" sign in her inbox, and then gets a reply from you two days later where you tell her how you've been busy with your social life and didn't notice her message. What do you think that'll look like?

In order to ace your no-contact period and control your ex's perception of you, this secret weapon is very important. Now, don't worry, even though I don't want you to "see" the message, I'm going to show you how you can see it without actually "seeing" it.

**Application:** When you receive a message and see that red "1" on your messages icon, you click there. You can see the first parts of your message (as well as the sender's name) from there. That way you'll get to see if it's your ex. It's safe to click on the middle icon from the top left corner of your screen, but DON'T click on the message itself. That'll send your ex the "seen" update.

Viewing a short message is no problem at all; you can easily see the first parts of your messages from your message folder. When you receive a long message, it becomes challenging. Since many messages from exes can be long, this creates a problem. You're probably dying of curiosity to read what he's written. Well, that's actually no problem at all. Here are a couple of ways to read a longer message without sending the "seen" information.

**Application on Facebook:** From my years of experience using Facebook, I've come up with a way that allows you to see messages with just two clicks.

Go to your messages and open a different message thread. I recommend you go to a friend's message thread, though. Why? Because sometimes when you go to your messages list, Facebook automatically redirects you to the first unread message, which you don't want.

Once you've done that, you'll see two small icons on the right side of all the messages. First, click on the "x" icon to archive the message. Then, go to the "more" options from above and go to your archived messages to view the message.

That's it! That's all that's required to prevent Facebook from sending the sender the "seen" message. Very neat indeed, and you can practice with a new message from someone else first if you're unsure about the method.

You can easily view a message from Facebook this way without any trouble at all. There's no possibility of any difficulties with this, but I'll show you some more methods to read messages without sending the "Seen" notification, just in case.

**Using Facebook email/mobile notifications:** Facebook sends you notification emails whenever something relevant to you happens. You also can get all your messages that way. You can easily read what your ex has written by going to your email inbox and viewing the text or email that has notified you about the new message. Just make sure your email notifications include notifications of new messages in your inbox.

**From connected networks:** Modern technology allows a lot of features to make your networking experiences as convenient as possible. This includes connecting social, IM, or other networks to your Facebook account. You can easily associate your Facebook profile with your other networks such as Skype, Yahoo, Twitter, Google+, YouTube, Nimbuzz, and ebuddy through apps or connected networks. You can go to certain IM networks and silently view your messages from thereafter connecting them to Facebook. (Caution: this doesn't work correctly on all networks, so run a test with another new message before actually viewing your ex's message).

**How you're going to use it:** Knowing how your ex sees your movements will be a great advantage. You can take control of the situation and use your knowledge to gain interest from your ex. Many times, the messages you're likely to receive shortly after a breakup are NOT going to be very pleasant. To counteract

this, tell your ex something that minimizes the past in favor of moving ahead. To give yourself time to think over your replies, you'll need to have control over the "seen" notification. Besides, when your ex notices that you haven't "seen" the previous message, she'll keep thinking about you. She'll wonder why you're so busy that you haven't read her message, she may even send follow-up messages! In this way, you can have a say in what she may be thinking about you.

## **The No-Contact Period on Facebook**

Don't get all worried, I'm not telling you to stay away from Facebook for a month. On the contrary, you'll be using Facebook to your advantage as the prime weapon to get your ex back in your arms.

There might still be a handful of reasons that your ex tries to talk to you, even now. Since you'll be maintaining the no-contact rule, it's important that you know how to respond to him. Let's go through a summary that shows you how your no-contact period should work:

1. Do not chat with your ex, send him a message, poke him, like his posts, or try to have any kind of Facebook interactions with him whatsoever.
2. Don't tag your ex in photos, updates, comments, or anywhere else for that matter.
3. Don't like or reply to your ex's comments on your posts.
4. Don't accept pointless application requests or play Facebook games with your ex.
5. Before you've started planting emotional seeds in his mind, don't poke him back if he pokes you.

6. If you find it very hard to keep your ex out of your mind or he forces the issue of wanting to talk to you, use our Secret Adjustment 1 to take control of the situation (to be explained later).
7. You should occasionally be online to show your ex that you've got more important things to do than try to talk to him. (You'll get all the instructions you need for ways to do this throughout this book.)
8. Don't hide from your ex or completely avoid him. Just show him that you've got other things to do than worry about him.
9. If he sends you a chat message saying something like "hey, you free to talk?" just tell him "no," saying that you're kind of busy. Be polite, don't be nasty, and push your ex away so he'll start wanting to pull you towards him. This will give you leverage, normally, right after being left; most people will give up anything they're doing just to reply to their exes. You CANNOT present yourself as being willing to drop anything at any moment to talk to your ex, as tempting as it may be.
10. Don't reply to his messages instantly; leave a distance based on the situation. Use our second secret weapon to its best use. On chat, you should wait from two to ten minutes before replying (and then reply as indicated in Number 9 above). Wait a couple of days for private messages.
11. If he's sending you emotional messages, increase his emotional need for you by extending the reply period.
12. In some cases, you could choose to not send a reply at all. This is especially true if he's baiting you into old arguments. It's also true after you've started planting emotional seeds and you KNOW that those seeds are working. Your ex needs to realize how much he misses and needs you.

13. If your ex is acting overly friendly and trying to “friend-zone” you, don’t reply. You don’t want to be buddies; you want to be a couple.
14. Don’t talk about the breakup or anything that takes you back to the unpleasant past. If your ex sends you something that takes you there, don’t reply. You can reply once by saying, “I’d rather not go into the past,” or something similar, but no replies after that.
15. When he’s getting emotional in his messages, play it cool. For example, say your ex writes something like, “Hey, I just ran into Matt and Kate yesterday. Remember that crazy fun time we all had at the concert?” You should reply with a brief, “Those were good times,” or something similar, but do NOT cater to his need to reminisce. This causes him to miss you more and makes it clear that if he wants to have you, he has to be with you romantically, not just as friends.
16. Don’t send enormous replies that’ll let him think that you’re still affected by him. Make your replies as brief as possible (but not rude!) to indicate a lack of interest and give him a gentle push away from you.
17. You should put thought into your replies, but they have to appear as though you didn’t and that they were quickly written.
18. Even though I know you’re probably bursting with emotions right now, keep things cool!
19. Don’t get carried away by your emotions and give him rude or offensive replies. You’re trying to give him a gentle push, not a cannon blast.
20. You should be showing him a lack of attention or pushing him according to our Push-Pull Theory, but you have to still remain attractive and desirable by being fun and charming with what you’re saying. Don’t present yourself as boring or annoying.

21. Don't go into long conversations, no matter what, even if his vibe is begging you to, even if you would really like to. The time will come for that, but not yet.
22. Always remember the fact that you're in this no-contact period for a reason. Focus on your end goal of reconciliation and don't ever get carried away.
23. Let's say that you've been in the no-contact period for a while now (hopefully at least two to three weeks) and your ex "just wants to chat." If you're confident that the odds are with you and you can use this opportunity well, make an exception and jump to the "Getting Together Using Facebook" section for now. Later, you can decide whether you want to continue the no-contact period if your ex still isn't willing to play ball.
24. If your ex tries to contact you or sends friendly messages a short while after the breakup, you have to watch out. You don't want to get "friend-zoned" here, and that might just be your ex's intention. You have to figure that he is probably missing your presence or trying to relieve his guilt by starting a pure friendship. You have to make this assumption according to the tone and choice of words that your ex uses. If he is clearly missing you as a lover, don't completely ignore him. Instead, give him the gentle push we've been talking about, which will get him to pull you harder. Be careful, as he may just be lonely and want a quick physical connection that won't end in a real relationship. Be patient and use the techniques we'll be teaching you to plant seeds in your ex's mind, it'll only be a matter of time until he wants you back.  
  
\*These rules will apply pretty much the same way when you're bumping into each other in real life as they do on Facebook.
25. When your ex is posting on your wall to interact, don't go to his wall to post a reply. Reply on the comment feed of the post that he posted on your wall. This will subtly show a slight lack of interest and effort. You

don't want to engage in wall-to-wall communications (also known as "wall chat") on Facebook, where you're taking turns posting on one another's wall.

26. If your ex tags you in something irrelevant or in something that doesn't jive with our strategies, don't respond. Just remove the tag.

## **Tales from the Abyss: Jeff**

It's time I told you the real-life story that actually inspired me to write this book. The story goes with almost all of the principles of this book, and from reading it, you'll get to know how effective Facebook can be in getting your ex back to you.

It also demonstrates how the Push-Pull Theory works and how important the no-contact period really is. I understand that a lot of people want to skip the no-contact period because it's so hard, but without the no-contact period, it's unlikely that you'll succeed.

The story is about a guy named Jeff who I befriended in college. Jeff was the most down-to-earth person I'd ever met. This wasn't just because he was cheerful, funny, or outrageous. It wasn't just because he always had a bright smile on his face. It was because, even though he was a mature, smart guy, he was able to retain a sort of childlike wonder and enthusiasm, even as he grew older. Most people don't try to do that, and most of the people who try, end up failing or looking ridiculous.

Jeff was also naturally smart. He was the kind of guy who wouldn't once crack his textbooks during the semester and yet he'd end up getting the best grades by studying overnight before the exam.

Thanks to his wide range of qualities, Jeff was very popular in college, especially among the girls. Nearly every girl in the classes we took had a crush on

him. Naturally, he became very picky with girls, which only made him even more desirable to them.

In our final year, a really, I mean, REALLY, beautiful young woman started attending our college. Not only was Melissa the most attractive woman at our school, but she was also definitely one of the smartest and she had a great personality. Everybody wanted her. Jeff was attracted to Melissa too, of course. He gave her a shot and they started to date. He thought he had her right where he wanted her. What Jeff didn't know was that it was actually SHE who had HIM right where she wanted him.

Eventually, their relationship became more serious. Jeff was really into her. He became almost obsessed and started to change in his attempts to impress Melissa more and try to be what she wanted. They were in a serious relationship for six months. In those six months, Jeff changed into something that no one had ever thought he could be. It was as if he was possessed by this woman.

The guy who had been carefree about his whole life suddenly prioritized his relationship above anything else. He started to somehow fall short of being the guy we used to hang out with all the time. His performance in all the other parts of his life started to suffer. His grades started to decline. The other guys were almost happy; finally, we could compete with Jeff. But we also knew that something was very wrong. Whenever anyone brought up the topic, Jeff said that it wasn't Melissa's fault, it was just that he didn't have it in him anymore. He said plenty of successful people hadn't done well in college, using Steve Jobs and Bill Gates as examples.

We all knew that Melissa didn't have much love for Jeff; she just used him as a status symbol around the school, as he was a high-status guy on campus. It was like she was taking his popularity for herself. When she'd finally had enough, the obvious happened. She dumped the poor guy. I can't possibly express how traumatic this breakup was for Jeff. He'd been so driven and focused on the relationship that it had taken over his entire life.

Jeff turned into a total zombie. He wouldn't eat anything. He wouldn't sleep at night. He wouldn't talk to anyone or do the things he used to enjoy doing. All he'd do was think about Melissa. And he made countless humiliating attempts to beg her back into the relationship. The worst part was that Melissa left him right before finals. Jeff began to fail his exams, and badly. It looked like he wasn't going to be able to graduate, but he didn't seem to care. It was terrible for us to see him like that.

Now, I forgot to mention that there was another person in our college just like our old Jeff, Professor Adams. He was our psychology professor and he'd become the most important character of this story. He was a very wise and knowledgeable guy.

One evening, we were discussing Jeff's sad condition. A friend who we'd all thought was pretty dumb suggested that we consult Professor Adams for help. We were amazed that we hadn't thought of the idea ourselves! So, we found the professor in the library the next day and sat with him to talk. We explained the whole story and he said that he'd noticed Jeff acting weird as well. He explained the mental condition named "obsession" to us, then he told us to bring Jeff to his house one day and he'd do what he could to help.

We went to Jeff's place the next day. We did everything to get him to see the professor, but we failed miserably. Fortunately, Professor Adams heard what had happened and he visited Jeff himself. Jeff started to see the light! We couldn't believe it, but Jeff agreed to meet regularly with the professor and get some counseling, too. Jeff slowly began to change back to his old self. The dark circles under his eyes began to fade and he started regaining his lost energy. We were all so glad that he was coming around.

This was back before Facebook was a huge social-networking tool. Jeff had been the first one in our group of friends to discover Facebook. He had found Facebook to be pretty cool and had started to spend some regular time on the site. Now that he was back to his old (and improved) self, he was also on Facebook regularly and became notably popular there as well. He'd use pictures, updates, or events to keep his Facebook profile current on all the crazy, awesome things he'd

been doing. It wasn't long before tons of girls started adding him and trying to talk to him through Facebook. Like before, he had his pick of the girls he wanted to accept, further demonstrating his value. He completely forgot about his ex. He had all the women anyone could possibly handle around him so she didn't matter to him anymore at all. He even did great on his finals. Then, something happened.

Astonishingly, Jeff got a friend request from Melissa on Facebook with a message that said she missed him. She suggested that they meet. Jeff was amused. He hadn't tried to reconcile with her in a while and had never expected something like this to happen. But Jeff didn't do what most people would have done. He didn't break his keyboard telling her how much he missed her. He didn't go back to being his pathetic post-breakup self. Instead, he remembered what had happened the first time and didn't fall for the bait.

He thought about getting revenge by stringing her along and making her look silly, but decided to be the better person. He told her that he wasn't interested in revisiting the past and that he'd already gotten over their awful breakup.

I learned a lot from watching what Jeff went through. It wasn't when he begged, groveled, and lowered himself that Melissa started to consider taking him back. It was only when he became his old self, regained his confidence, and appeared to stop caring about her that Melissa became interested again. Seeing how great his life was via his Facebook posts and profile made her want him back badly.

I thought about how this lesson could be applied to other people's relationships. Couldn't it be used to mend relationships that were actually worth keeping together? It was through Jeff's experience that I realized the real power of Facebook!

## Undercover Tactics

Are you at a loss wondering what actually went wrong in your supposedly perfect relationship? Are you confounded over what it was that led to the breakup? Are you dying to know what's going on in your ex's mind right now?

Well, you can use Facebook to READ YOUR EX'S MIND and answer all your questions. You'll get to know what really happened, why your relationship ended up that way, and how your ex feels about the whole thing. The best part is you can also use Facebook to fix the problems that plagued your relationship and hypnotize your ex into loving you again. You'll be planting emotional seeds in your ex's mind that'll grow into love once again.

How?

By using this top-secret, exclusive undercover strategy.

### Setting up an "Alias" Facebook profile:

That's right; you can uncover the secrets of your ex's mind using another Facebook profile. From now on, you'll be learning about ninja tactics that you can perform with a fake profile. This will help you answer all your questions and get you on the road to patching things up again.

**What gender should you go for:** Whether you're a guy or a girl, it's a better idea to go with a female profile. First, a girl is more likely to be accepted as a friend, which is important. Second, if you're a girl, trying to act like a guy can be a very tough challenge. You're more likely to get caught; it's a good idea to stick to your natural instincts and be a girl.

You could even choose to play it super-safe and make profiles of both a guy and a girl if you find it necessary.

**How you engineer the profile:** Don't keep the profile blank. Fill in all the information and make it an ideal profile. Add photos (very important!). If your ex likes animals, you could take photos from the Internet and create an album of a pet animal. Also, be sure to use a few applications and, of course, add some friends.

You'll need a link to break the ice, such as a common interest or background. For example, you could add the elementary school your ex went to in your educational history. Make sure to keep the profile information "connected." As you already know your ex pretty well, you'll know what kind of profile he's likely to admire and how you can make a connection. Keep it a little distant at first so your ex won't get suspicious.

You must make it impossible for your ex to want to initiate face-to-face contact with you, so say that you live far away. Or, once your ex is on your friends list, you can fake a status update that you've moved to some other country with your family and change your current city.

**How you add your ex:** Most people will screw things up before even beginning. Don't, I repeat, DON'T, make your ex the first or one of the first persons you add. This will most certainly blow your cover before even getting started. Add some of your ex's friends first and initiate contact with them first as well. This way, when you send a Friend Request to your ex, she'll check to see what mutual friends the two of you share and then maybe ask those friends about you. If you can engineer the environment right and have those friends say something like you're "good friends," you're very likely to be added.

A similar interest can help, too. If your ex is active in a Facebook group, join it and interact with her, and then the friend request won't seem so random.

If that doesn't work, inbox your ex before adding her, and tell her how you're connected with her. Say something along the lines of how you remember her from school. If she says she doesn't remember you, tell her you were really low key. Perhaps you could tell her some incident that you know about from her school life to make her believe you

**Conclusion:** Now you can be perceived as a third party and befriend your ex in her sorrows. You can get closer to her and open the door to her sharing her thoughts with you. Eventually, you can get to know secrets regarding your breakup. You'll start to know how she feels now and you can work accordingly to get her back to you.

You'll also be able to make the real you look good to your ex and direct her towards your good side, moving her away from the bad impressions you may have left. You can give your ex the desire she needs to want to give the real you another chance. You could even provoke her to initiate contact with the real you. Moreover, you can keep a better eye on what your ex is up to and what guys or girls are hitting on her. A little later you'll learn how you can use this false profile to crush your competition a little later.

## **The Negative-Emotion Neutralizer 2.0 (NEN 2.0)**

There are eight steps to the Negative-Emotion Neutralizer Version 2.0, and they will be covered in each chapter separately. The steps are as follows:

1. Identifying Core Breakup Reasons Using Facebook
2. Upgrading Yourself to Version 2.0 Using Facebook
3. Socializing & Expanding Your Comfort Zone
4. Planting Emotional Seeds
5. Making Your Ex Lust for You Again
6. Meeting Up With Your Ex
7. Passing the Tests
8. Getting Back Together Using FB

## Chapter 3 - [NEN 2.0] Step 1: Identifying the Core Reasons

We're going, to begin with, the past. For reasons other than just "getting your ex back," it's important to be able to note where things went wrong and the train of your relationship fell off the tracks.

Now, I know what you're thinking: Why are we still dwelling on the old relationship, thinking about the past, deciding who to blame, and reliving everything . . . all at a time when we're supposed to be moving on? It doesn't make sense, right? Well, this step is extremely important, so don't skip it. This step is vital for being able to re-attract your ex and also for your future relationships.

The primary reason for this step is NOT to just get your past relationship back to you; it is designed to make sure that you don't wind up in the same situation again in the near future. Whatever the problem might be, you don't think that you're free of blame, do you? Of course not! You know that you're not a perfect person. You know that all the problems weren't only about your ex.

It's not about who had more faults or who is to be held responsible for the breakup, it's simply that we all have things that we need to work on, you included. This is an opportunity to learn those things.

If you don't have the guts to objectively look at your problems or realize where you went wrong, the same issues will most likely crawl up into the fabric of your life in the future. It will happen when you're with someone who you really want to build a future with (or when you're trying again with your ex after getting her back). When those problems arise, you'll definitely lose direction and just end up in the same place again. And the process will keep repeating itself throughout your whole life.

I'm sure you don't want that to happen. That's why it's so vital to be able to stand up and face your faults. Only then can it become possible to overcome the

problems you have and ensure a better love life in the future, whether with your ex or someone else entirely.

## Gathering Information

As the cartoon character in “G.I. Joe” used to say: “Knowing is half the battle!” In a situation like yours, knowing is *almost all* of the battle. Even with the best artillery, it’s crucial to gather necessary information about your enemy in order to plan your attack.

During this information-gathering phase, you have to figure out where things went wrong and how you got to this point. In most cases, people tend to not really understand what might have happened. They say things like:

“I really don’t know what went wrong; one moment we were perfect together, then suddenly everything fell apart.”

“Things were great, then she just changed and I couldn’t cope with it. She began to lose interest and started acting all weird.”

“I was trying so hard to make everything work out. He just wouldn’t listen.”

Psychologically speaking, you probably DO know what happened; you just aren’t able to admit it to yourself. This can be because of the sudden shock or because your mind simply doesn’t want to accept what happened. In order to work it out of your subconscious, you must first accept what happened. Do this by consoling yourself and reminding yourself that you can fix this. But you need to figure things out in order to do so.

Find a place where you can be alone, then relax and go through your whole relationship from the very beginning. Talking to a friend who can be *unbiased* (very important) and *honest* with you (likewise) can help, too.

Trying to figure out what went wrong is not easy. It’s likely that you don’t actually know what really happened. It could be because you’re not very

observant, or maybe your ex didn't tell you what was really going through his mind and just made up some excuse, instead.

If your ex is a frank person, he probably told you what it was that led him to his decision to break the relationship off. You may disagree with his assessment, but you have to be prepared to fix the problem if you really want him back for good.

### Figuring Out Yourself:

When trying to figure out the situation yourself, you have to dig deep within. Recall your arguments and your disputes; remember the times when you weren't getting along very well. Your job is to recall what the problems were about. No matter how minor something may seem, everything is important. When couples fight over insignificant things, there's a lot more going on than meets the eye.

What couples often call "silly stupid stuff" actually often has deep implications. Furthermore, a common thread frequently exists in little arguments, and it's this thread that'll lead you to the CORE problems. You need to find those *recurring issues* that constantly caused the arguments you had with your ex. These are the issues that will reveal what it is you ultimately need to work on.

You have to look for the root problems, don't stick to surface stuff. Dig deeper and figure out what the root problem was, what was going through your ex's mind, or what it actually was that pissed your ex off. Think of it like going to a movie. When you're watching an action-packed summer blockbuster, you usually just relax and enjoy the movie. You don't really go below the surface and examine the movie with any sort of depth or analytical thought. In other words, you're not examining the movie closely or paying attention to all of its aspects. You could pay close attention to the actors' performances, the director's techniques, the recurring themes in the story, the beauty brought together by the cinematographer or the feeling that the composer's background music creates. It's this type of analysis that you need to put into action. Only then can you get authentic information regarding why your breakup happened.

## Figuring Out the Problem Some Other Way:

If you have truly, *truly*, searched and thought about your memories for reasons and you've come up empty, there are basically two ways you can go. You can ask around or you can use the undercover ninja tactics discussed earlier. Doing both can be the best option.

### *Asking your ex's friends:*

Asking people who know your ex well is the simplest, yet perhaps most effective, way of getting some valuable information.

You have to know the right people to ask. Look for people who are very close to your ex. Talk to friends who spend a lot of time with your ex. The person has to be someone with whom your ex would talk about relationship issues, and the person has to be someone who will be honest with you.

### *Using fool-proof undercover tactics:*

This is possibly the best way you can gather information. There are two major reasons why:

1. You can be sure of the information you'll get because it's going to come directly from your ex.
2. You're going to be the person asking, so you'll have complete control over the kind of info you get.

But you can't just go and say "hi" to your ex and then ask her about her love life.

\*\*This step is further explained in Chapter 9 when we discuss accessing the deepest parts of an ex's mind using ninja tactics.

First, you'll have to become good friends with your ex. It may sound like a lot of trouble but it's NOT, because communication through Facebook is lightning fast. Your ex is probably going to be spending a lot of time on Facebook, so you can find a LOT of time to talk.

In this way, your alter ego will be able to get very close to your ex in an astonishingly short amount of time. Now, you already know your ex very well and know how you can blend in with her. If you use your brain and do things right, you'll soon get into a position where she will want to talk about her personal issues. If you show proper curiosity and support, she'll slowly open up to you and you'll be able to know everything that she thinks about regarding you (and more!).

## Figuring Out the Reasons and Working On Them:

There's no limit to the number of reasons that can be lurking behind a broken relationship. Some of these will apply for both guys and girls, while others will work differently based on sex. First, the gender-neutral stuff will be discussed. Later on, we'll examine separate issues for guys and girls. I recommend that you read through the whole section that discusses both genders, however, as it will help you to get a good understanding of both sides of relationships.

## Gender-Neutral Problems

Let's go through some of the basic reasons why relationships tend to end. Your job is to identify which reasons apply to your relationship. Note that there could be, and probably is more than one reason.

1. **Too much attachment:** A very common reason why relationships just can't work out is too much attachment. I'm speaking of both physical and mental attachment. When there's excessive attachment, it becomes very hard for one or both of the people to get the space they need. Then negativity starts to creep in.

In most cases, too much attachment will occur as a result of mental or emotional insecurity. To overcome this, one must develop self-confidence and not rely on one's partner to provide that confidence. A certain detachment is essential to the growth of a strong relationship.

It's also important to understand the difference between getting attention from your partner and requiring *too much* attention. You can't expect people to give you all their attention. Space is important in maintaining a healthy relationship.

Even with all the love in the world, there could be a lot of reasons why some couples can't manage to get along well. A relationship without the right balance of attachment is sure to break one day or another.

**2. Lack of emotion:** Ask yourself the following question and be brutally honest with your answer: *Did you really love your ex?*

I understand this might sound like an inappropriate question to ask three chapters into this book. But I often see people who are so lost that they really don't know what they feel anymore. Before you go any further, you need to rehash your thinking and come to **a conclusion regarding what you really want**. If you don't, everything you do from here will just be pointless.

Without the constant love present in both of your hearts, it's close to impossible to maintain a healthy relationship. Your ex is going to feel unsure about your past relationship from time to time and could get involved in a romance with someone new. This guide will show you how you can easily hack into your ex's mind to build a new attraction that is much stronger than before.

**3. A dominant partner:** I see a lot of relationships failing because of one person's dominance over the other person. For some women, it's in their natures to not be so independent. But there are also a lot of guys who won't ever let their girlfriends think for themselves or go with their

decisions, and there are women who act that way toward their boyfriends, too. The worst part of this problem is that most people don't realize when they're dominating their partners, perhaps they naturally seek to control others or they're just used to getting their own way.

Domination usually occurs due to mental insecurity, especially when women are dominant. Women can be plagued with the feeling that they're not getting enough from their boyfriends. For men, it often speaks to wanting too much out of their partners because of jealousy. They may be scared that another man is going to take what they have. Whatever the reason, individual freedom is everyone's right. It's important that you give your partner some time alone and not always question his or her doings. This calls for great trust and a healthy relationship.

In relationships, some expectations are inevitable. However, you can't let your expectations get out of control and turn into something neither person ever really wanted. Strong relationships are based on mutual understanding and trust, and that calls for letting each other be individuals.

**4. Selfishness:** Selfishness and love are two things that have difficulty coexisting. If you don't have room to think of anyone else's needs, there's no point in entering a relationship in the first place. **You can't ask for help, time, and support while giving nothing to your significant other in return.**

I've seen people who actually calculate how much someone helped them before they decide whether to reciprocate. If you don't want to give someone a hand for no reason other than just basic human goodness, you're going to find it difficult to get along with other people.

I personally don't know how a selfish relationship could ever work out. When one person can't talk about anything but himself and doesn't value the person he's talking to, problems are on the way.

**5. Jealousy:** Jealousy will break a relationship apart if not addressed. **Men get just as jealous as women do, the only difference is that they**

**don't show it like women do. They will choose to hide their feelings or act out in anger and frustration. That's why women, and not men, are considered to be the "jealous sex."**

You can never blame only jealousy for a breakup, though. It's great fuel, but there's something else needed to ignite the fire. In my experience, the lighter will be a lack of emotional involvement. If you don't regularly spend some quality time with your lover and you choose instead to go out with your friends all the time, it'll show your significant other a lack of caring that will make him or her more insecure, fueling jealousy.

Jealousy is a very good reason why some relationships don't last. Still, a little jealousy at a harmless level can add interest to a relationship and make it stronger and more bonded.

**Lack of respect:** Respect is an essential element of any kind of relationship, romantic or otherwise. Showing proper respect to the other person through your behavior is essential if you want a healthy bond with that person.

When a person lacks respect for his lover, the couple will constantly have trouble getting along. This will only lead to a relationship where the love is strained and everything starts to fall apart. To be friends with someone, you have to listen to what she is saying, value her opinions, and respect her beliefs, otherwise, why would she want to stay friends with you? The same is true for a relationship, right? You want to be friends AND lovers with that special person. In order to put the odds of having a successful relationship in your favor, you must respect your partner as you do your friends.

## The Problem With Guys...

To begin with, many guys consider themselves to be the stronger sex; they see it as their duty to serve as a protector and give their girls the security they need.

This is how nature has built men, and when this law of nature is jeopardized, it becomes very uncomfortable for women to be able to sustain a relationship with them.

**Poor communication:** Women choose to talk about their problems sometimes, it's the guy's job to listen and give them proper advice.

Think about your relationship. Remember how often you spoke and whether you paid attention to what your lover was saying. Also, remember whether you were replying to what she was saying and really appearing to be engaged and interested. What women want from you in a relationship is sometimes not much different from what they look for in a friend. Being a good listener is an essential attribute to being a good partner to a woman.

Poor communication is a gender-neutral problem when it comes to assigning blame, but women are often more sensitive to it. If one of you ends up raising his or her voice every time you discuss something, it's a sign of poor communication. I've seen people with terrible communication problems keep a relationship going instead of parting ways. I still wonder what the reason for this could be, though. Were they so complacent and comfortable in the relationship that they didn't want to break up, or did they know that they still had some feelings left deep inside them, even with all the problems?

Communication problems tend to happen when one person doesn't open up, or finds it hard to express his or her feelings. When communication doesn't spontaneously happen anymore, problems will occur. Of course, sometimes there are other forms of negativity at work in the relationship that cause such problems.

Your job as a guy is to listen to what your girl has to say. Even if you don't have much to talk about, you can always listen. Everyone wants a good listener when they're talking to someone, but it's especially true when you're in a relationship with a woman. If you don't volunteer to listen to her problems, who is she going to talk to? Who's going to resolve the problems she has and give her the security she needs? Remember, women feel closeness with others when they can open up and talk to them. You wouldn't want your girlfriend spending hours

talking to some other guy at a bar, would you? Then why be so complacent about being a good listener and an active partner in the relationship?

Give her some time; listen to what she says and acknowledge her feelings. Let her know that you want to understand her; if you can't solve her problems at least show some sympathy. Make her happy by letting her know she's not alone.

The truth is, women never really want that much from their lovers. If you can take the time to just listen to your girlfriend talk, she'll be much happier to be with you. Trust me.

**No time and no life:** Let's talk about the problem of not giving your lover enough time. It relates to the problem of poor communication in that a lack of time spent together makes your girlfriend feel unimportant, unwanted, and disconnected from you.

A lot of men at some point in their lives become super lazy and don't have the enthusiasm to do ANYTHING aside from the regular routine. They wake up, get dressed, go to work, come home from work, turn on the TV, eat, and go to bed. Men can be creatures of habit at times. There are even more complicated cases in which guys don't give their girlfriends ANY time at all. They get comfortable and stop doing the things that attracted her in the first place, it is often then that the relationship falters.

The problem is that men tend to reach this relationship stage much earlier than women do. The long and short of it is that you should do what you can to never turn into a person like that. You don't want to put yourself in the position to lose someone you care about simply because you spend so much time seeming like you *don't* care once you've gotten too comfortable.

The key here is to get out of your routine and inject a little *living* into your life! Often, the best way to solve this problem is to socialize. This is a good way to get out of your comfort zone, get out of your routine, and remember the person you truly are deep down. Remember, if you don't do it now with your partner, you soon will be doing it, alone!

Think about what you want your life to be. Think about what you're doing with the millions of awesome options life has given you. Your life is a blessing, to waste something as precious as life has to be the worst thing anyone could do. See the beautiful outdoors, explore the world, and live a little!

**Irresponsibility:** I don't remember the last time I washed my socks. I'm far from being in the minority here, either. Most guys will refuse to do housework, but there's more to irresponsibility than that. It's rare that a woman will leave you because you leave your wet towel on the floor. Instead, I speak of irresponsibility in a much higher sense.

Irresponsibility becomes a problem when it's not an exception to your life, but the rule. Are you irresponsible more often than not? Would your friends or family members characterize you this way? Some guys will just act like children and never grow up. I DO advise people to be youthful and stay young at heart, but that's not exactly what I'm talking about here.

You need to maintain that childlike feeling in you that tells you that you can accomplish ANYTHING. Having the energy of a child in your mind makes you fun to be around. However, this doesn't mean you should shirk your responsibilities as an adult or as a lover.

By the time most people develop responsibilities and learn to make good decisions themselves, they want to be with someone who does the same. For guys, this doesn't just mean you have to know how to handle yourself, it also means being capable of taking on the responsibility of having lovers and children.

If a guy is still irresponsible when he reaches adulthood, his girlfriend usually has to take on the role of his mother or big sister. She has to monitor him and make all of his decisions for him. She becomes less romantically involved because she feels as if she's his parent, and he often resents her "nagging". At this point, it practically becomes impossible for the girl to maintain a relationship with him. The roles get screwed up and the woman will lose attraction, she wants a man, not a child or a brother!

If the above describes you, it's time to straighten up. If you can't take responsibility for your girlfriend, family, or yourself, what kind of woman will want to be with you?

## The Problem with Girls...

Girls, by nature, tend to be more sensitive, sophisticated, and delicate than their male counterparts. They tend to want someone to rely on. First that someone is their parents; then, their boyfriends or husbands. Yes, there are a lot of independent women who are enormously capable and carry themselves very well, I'm not saying women lack that ability. But naturally, that's just how things are; even independent women need to have supporters who they know they can count on.

Women, in men's eyes, have a very weird and tangled thought process. What is the most complex subject in the world? Most men would say answer "women." Women tend to think more deeply about things than men, especially when it comes to social interactions. They may sometimes read into things in a way men wouldn't expect, which can lead to a disconnection between lovers.

Often, this disconnect impairs communication. Women are more in tune with body language and subtle signs than men are. This is why women often complain that their men don't understand them. But often the problem is that women expect men to perceive things as accurately as they do. Men may actually need feelings to be made clearer and more obvious in order to notice those feelings.

For instance, suppose a girl's feeling down about something and her boyfriend asks her what's wrong. Let's say she meekly answers, "I'm okay." But she isn't okay, and she thinks he'll know that through non-verbal means! A typical guy may just take her verbal response at face value and move on, leaving the girl disappointed in him and unable to sleep at night as she frets that her boyfriend doesn't care about her feelings.

What you, as a woman, likely want from your man is persistence. You may want him to keep asking things like, “Come on, I know you’re not fine. What’s wrong?” or “Babe, please, just tell me what’s wrong.” But no guy is going to want to do this for two solid hours or more before finding out what’s really going on.

Here’s another example. When a guy asks girl permission for something, like, “Hey sweetie, is it okay if I *do this*?” or “Is it cool if I *go there*?” the girlfriend will often answer with something like, “Yeah... sure... whatever.” But if what she’s really thinking is, “No, you’d better not do that,” the best thing for her to do is to come right out and say it. A guy who may be clueless to body language, tone of voice, and other indicators that seem obvious to you, may feel like everything’s fine. What his instincts will naturally react with is, “Great, she’s cool with it, she’s okay with me doing this.”

When you see the differences in how men and women communicate their feelings, men are more to the point and women are more subtle, it becomes clear why men find it so hard to understand women and vice versa.

I’ve felt like some of my girlfriends expected me to have worked with the CIA so that I could say what someone was feeling just by noticing his or her eye movements. If you’re expecting your man to read your mind, it’s basically impossible for him to understand how you’re truly feeling. You don’t want to put your boyfriend in that position.

A friend of mine was in a very loving relationship. One night when she was chatting with her girlfriend, she said that she was worried that her man no longer cared about her. As a test, she wanted to discuss breaking up with him, hoping he would be against it and show a little passion. He was a serious and straight-forward person, so when she broached the subject with him, he thought she meant what she had said and didn’t think about saying anything to stop her. It all blew up and then they broke up.

She was a friend, so one day she confessed to me what really happened. She said that she really loved her ex and wanted to be with him. She said she’d told him she wanted to break up just because she wanted to see his reaction

because she felt he needed to show more emotion. Basically, she wanted to see that he truly cared. I was baffled. I couldn't believe she was serious. In this case, it clearly wasn't the best idea to go down such an obscure, weird path to get the validation that was needed.

Another problem is that sometimes women can feel a bit egotistical, just like men. What you need to know about a big ego is that it always comes in big packages. Not everyone has a big ego, but when people do, it is always really, really big.

Egotistical women will want the world to follow their rules and revolve around them, they won't expect any exceptions. This world is a million things, but it is not loyal and it doesn't listen to anyone. It goes by its own rules (and according to some, it has no rules).

Ego leads to a lot of problems and is an expert in spreading negativity. When a girl is egotistical, she makes unnecessary demands and sets the rules in the relationship. As a result, the guy feels boxed in and cannot find enough room for his whole self. He is busy trying to fulfill her demands at any cost, knowing that she won't tolerate any violations.

This is just not how good relationships work. If you want to be loved by someone and share a bond with him, you have to be considerate of his feelings. Moreover, you have to provide him with the space he needs and give a little independence to him.

A third problem regarding women is that they can be overly negative about things at times. You tell your girlfriend, "Hey, nice dress! You look great," and she might reply, "Don't say that, I look fat in it." Having a positive outlook on everything can have a lot of benefits. Negativity takes a big toll on people and can be toxic in relationships.

Certainly, not all women have these issues. But generally, there are elements of all of these problems in most women. As a woman, you'll be doing

yourself a favor if you look at yourself with frank eyes and really try to change in a way that can be more helpful to your relationship

### *Getting along with women:*

There are only a few things a girl wants from a guy in a relationship. We've already discussed many of these things, such as time, attention, security, affection, etc. But there are a few other things that you really need to know.

**Girls hate to be kept waiting.** You can't expect to keep your girlfriend on the sidelines and get away with it. Your girlfriend has to be your first and foremost priority much of the time. If you're going to be late, call. If you can't make it, call even sooner and reschedule. If you don't reschedule she will feel like you just didn't want to see her. No matter what the situation, find a way to call, even if you have to excuse yourself to the bathroom to do it.

**Women love compliments.** Whenever you're talking to a girl, be sure to throw in some genuine compliments here and there. However, some women may be very accustomed to receiving compliments from guys. If you constantly give a woman compliments about her looks, she may well get bored and think that you're pretty needy. There's a balance to be met. Never go on and on telling a woman how stunning she looks. Don't talk about her or mention how great she looks if she's underplaying your compliments. This will challenge beautiful women, as they will want you to notice how hot they are.

Even the idea that you don't care how beautiful she is will give her positive thoughts about you. First, she'll think you hang around with a lot of amazing women, so you don't notice her beauty. Then, she'll assume that you're taking her for who she is from the inside, instead of solely thinking of her as a physical object like all the other guys do. This will indirectly be increasing your social value, making you much more desirable.

It's important that you figure out what kinds of compliments are right for a particular girl. For example, not many women are complimented on their intelligence. It's good to tell a girl that you find her smart instead of just focusing

on her looks. Telling a girl how smart or different she is will be much more effective than physical compliments. But you should still NEVER dwell on the same set of compliments for more than a moment. Imagine you're constantly telling a girl how smart she is. You don't want her to think that you don't know many smart people, do you?

Compliments are great and women love them but mess up the content or quantity and it'll be a major setback, so beware.

**You have to treat a girl nicely.** You don't have to suck up to a woman and go overboard, but you must be careful not to be rude.

Women tend to be very sentimental; you may never know when you've offended them with something you've said. Keep a bright smile on your face and try to be a fun person. Do silly things on purpose now and then to make people laugh. Stay positive, both when you're alone and when you're around others. People will run from people who can't handle their own lives and can't laugh at a joke.

The important thing to know is that in order to be awesome around women, men have to be able to control their emotions. If you can't control your emotions when talking to a girl, your emotions are going to have an unpleasant conflict with hers. This will immediately push you emotionally away from her. To be able to attract her and remain emotionally attached, it's vital that you don't let your emotions lead you and that you learn how to control those emotions.

**Women need affection.** Although you may want sex all the time, morning, day, and night, your girl will also want affection that is not tied up in sex . . . at all.

Spend a day paying attention to how much time you spend touching your girl when sex is not involved, probably not that much, right? Now, increase that time. Give her cuddles and not cuddles that lead to sex, just cuddles for the sake of cuddles. Give her a kiss when you pass her in the kitchen. Hold her hand when you're watching a movie or walking in the street. This affection will let her know

that you care about her in more ways than sexual ones. You'll notice the difference in her immediately.

### *Getting along with men:*

It can be pretty hard to get along with some men and it'll be much easier to get along with others. Some men are just satisfied with the thought that you exist and they aren't completely alone in their lives, some will want considerably more out of a relationship.

Although opinions may differ, men generally agree in regards to the things they don't like about women. We already discussed the characteristics any man will find very hard to get along with. If you, as a woman, can overcome these characteristics, you'll be able to get along with anyone.

**Learn to be honest** and direct about your feelings. Men are not psychic and they'll understand you only when you let them. Express your feelings the best you can and don't hide them, at least not with your boyfriend.

**Give your man that essential space.** Don't question him about everything he does or everywhere he goes, have a little faith in what he's doing. It's not like every time your boyfriend goes out he's thinking about cheating on you. Men need some guy time out with their buddies and they don't want to be hassled about it.

**Guys want sex.** Sex is a huge part of maintaining a healthy relationship, and it's also one of the main ways that men feel cared for. If you give your man more sex, he'll be happy. Once you've bonded to him in a certain physical and emotional way, you can become the most wonderful sex partner and have a very passionate sex life.

Making sure you're both satisfied can improve your sex life. Don't be one of those women who avoid sex because it isn't fulfilling, let him know what you need and how you need it! Men love to be sexually appreciated; it gives them pleasure to know that they're giving *their partners* pleasure. For both of you to be really

satisfied with the relationship and create a strong emotional bond, you need to make him feel that he has totally and utterly satisfied you, just like you want to feel about him.

It's also important that both individuals initiate sex often. Married men often complain that their wives never initiate sex. This often prevents them from bonding with their wives on the next level of sexual intimacy.

**Compliment your man.** Just as women love to be complimented, men like to be admired, too. Compliment him about how good he looks when he comes home from the gym, and, hopefully, he'll return the favor and be more complimentary of you.

**Show interest.** Another major thing concerning women that men don't like is that women sometimes show no interest in their hobbies or passions. It's okay if you have no interest in playing video games, hunting, playing sports, or doing other guy stuff simply because you don't find it interesting. However, it's important to understand and try to appreciate these interests.

Men LOVE women who understand them at that masculine level, and very few actually do. Even if it's nothing more than showing a little curiosity and interest in the things that make them so passionate, it helps!

# Chapter 4: [NEN 2.0] - Stage 2: Upgrading Yourself To Version 2.0

## The Island analogy

Analogies are a great way to explain complex phenomena. We all know things can't get any more complex than relationships, so let's try an analogy here:

Let's think of your relationship as an island where you both live. Imagine something suddenly happens to your island, like a natural disaster or a famine. Suddenly your significant other thinks life is going to be better off on another island and she sets out looking for it, leaving you on your island in the process. At this point, what most people would do is try to tidy up the island, get some new supplies, and call their exes to have another look at things.

We, on the other hand, are going to come up with a very different solution. We're going to be changing the entire island itself. This way, you'll be able to get a fresh new start and there won't be any past issues bugging your relationship.

Now, to do this you'll have to construct a boat to get your lover across to your new island. Right now, she wants no part of your island and no part of your boat. So we can use this time to spruce up your island, as it is (which is where no-contact comes into play).

To get your ex to come to your boat, you need to be able to attract her to that boat. Consider your new Facebook profile to be your boat. We will discuss this in our "environment engineering" segment. Take into account that your boat itself has holes in it; these holes are the parts of your character that your ex doesn't like. To be able to get your ex to a new island, you have to first fix the holes in your boat and then make your boat attractive enough for her to want to take a ride.

Before we show you how to make your boat look attractive, we need to fix those big and small holes in your boat so that it will be able to carry you both. To do so, we must first locate the holes, and then take the necessary steps to fix them. That's what we're going to go through in this chapter. We've already collected the information needed and it's time to process it so that we can mold your character and fix those holes.

## **Change is a part of relationships**

Human beings will often feel a passionate attraction towards members of the opposite sex. Everyone has a different way of defining who is attractive, of course. When you finally meet up with someone who falls close to your definition, your mind generates a mixture of brain fluids and hormones, making your body give off signs. These signs include your heart pounding, nerves stiffening, pupils dilating, and more. The feeling or emotion behind these physical reactions is known to us as "love."

Now, as much as our choices may vary, everyone has a certain "type" that consists of various physical and mental attributes that will usually remain constant. Even then, as time passes by we naturally develop more expectations and demands from our lovers.

Over time, people change. In fact, everything changes, that is the one eternal truth. Unfortunately, you can't always expect all relationships to provide you with the necessary room you need to grow. At one point, someone may end up disappointed, which will eventually lead to negativity. This is likely to be the cause of many breakups.

## **Sometimes it's not you, it's your ex**

While you must accept blame if it fits, don't continue to beat yourself up, thinking that you're not good enough for your ex. Of course, you're good enough, that's

how you ended up together in the first place. You just fell a bit behind and now's your chance to catch up. It's your responsibility to use this opportunity well.

Before entering into a relationship, people usually tend to go with their feelings and let their emotions lead the decision-making process. However, when things start to develop and get serious, people begin to think logically. Embarking on a serious relationship with someone is a big decision, and people will make a lot of calculations before committing to such a decision.

During a relationship, your lover will take into account a lot about you that she never cared about at the starting point of the relationship, as I said, your ex was being driven by emotions and few logical thoughts were in play. Aside from that, it cannot be said that your significant other will welcome any changes that are taking place in your personality. She might also be changing in a way that's in conflict with the way in which you're developing. It's for those reasons that a relationship can become uncomfortable, allowing negative aspects such as lack of trust, an increase of misunderstandings, lack of connection, or crude behavior to take over and hamper your loving relationship.

In this chapter, we're going to discuss how you can become a more attractive and desirable person who can overcome the negativity created by one or both of you. Then we'll examine how you can use Facebook and showcase your new self to your ex and create the necessary re-attraction.

### **Upgrading yourself to something even better**

You don't have to worry about every single one of your flaws. No one's perfect. When we choose a life partner, we have to choose that person in spite of all of his or her imperfections. If you've been rejected, you just need a little refinement, not a complete overhaul. You need to realize that you were the person your ex once chose as her lover, dismissing all other options, whatever the reason may be. You're definitely your ex's TYPE. Do not forget this! For whatever reason, she chose you and NOT just anybody else. That reason is still there inside you. You just have to work it out so that your ex can see it in you again. In the meantime, you

have to address your worst flaws, you don't have to be perfect, but the worst flaws have to be fixed.

I completely understand how bitter you may feel right now with the breakup in mind. With a little time, this sour taste will wear off and you can focus on taking the right steps for yourself. The no-contact period is your best chance to locate your flaws and take necessary steps towards reinventing yourself into a better You. You can't just skip this step or refuse this opportunity to improve yourself.

This book is a foolproof solution to getting your ex back to you, but there is still no 100% guarantee that your reconciliation will lead to a lasting relationship, some relationships just aren't going to work. This process is not only going to help you get your ex back to you but help you in future relationships, as well.

The whole purpose of this chapter is to make you realize that you're the same person you once were and that you hold a better chance of winning over your ex than anyone else has. You'll learn how to obliterate the other people who are trying to hit on your ex later in the *instant competition crusher* segment. For the time being, focus on getting yourself together and making a vital upgrade, you're going to need it!

## **Your steps towards self-improvement**

### **1. Looking back at what might have gone wrong in the relationship**

First of all, clear your mind and try to relive the happiest periods of your relationship. Try to remember exactly how your ex was back then. Locate the changes that took place in your relationship and figure out what made her do what she has done. Figure out the things that your ex wants that you might not have been providing.

Now move on to yourself. Think of things about yourself that your ex might not appreciate. Dig deep, because there could also be things that your ex never liked but never mentioned. Talk to her friends, the ones with whom she is likely to discuss her relationship issues. You can obtain some valuable information that way. In other words, follow the instructions from the previous chapter in regards to collecting information about your breakup. You'll also obtain some military-grade confidential information about her using our *undercover ninja tactics*, which we'll get to in a moment.

Think deeply about your time together. Figure out what needs to be changed by examining the ups and downs in your relationship. That's where you need to start.

## 2. Improvements to your core characteristics

Although everyone has a different set of preferences, there are some basic characteristics all social human beings admire. These are the characteristics you must train your mind to adopt.

- **Confidence:** When it comes to dating and relationships, confidence has to be the key ingredient to making you look attractive. A shy and nervous person will make even the best of situations or opportunities feel uncomfortable. Confidence is what will help you to be desirable. Without confidence, you can't speak for yourself, so you can't possibly express the best of you. That's where most people fall behind.

Sex appeal is all about the ways that you express yourself both physically and mentally. With the right confidence, you can be more persuasive to others.

You have to rebuild yourself as a stronger and more confident person. You also need to be able to express confidence through your body language. The most important thing is to be confident about who you are. If you can't believe in yourself, you can never expect anyone else to do so.

- **Honesty:** Until recently, honesty has always been the noblest of all virtues. Only with genuine honesty, though, will you be able to be yourself with the proper confidence. The whole idea is, to be honest about who you are and about the problems you may have presenting yourself. You have to reinvent yourself in such a way that you won't have anything you could possibly need to lie about. Even if you did some bad things and ended up lying in your previous attempt at your relationship, this will be a chance for a fresh honest start. Take advantage.
- **Kind and Caring:** Kind and loving people give off a warm feeling. They know to show proper respect to people and their emotions. That's what makes them socially desirable. However, there's a whole new level to kindness where people totally give themselves away, forgetting about their self-respect while trying to be a nice person. Sex appeal is all about high social status. To forget about yourself and your own needs shows low social value and makes you less attractive, often turning you into more of a big brother/sister type than a possible lover.

Relationships are all about mutual understanding. Kind and caring people will relate to their partners' inner emotions and think about their partners' welfare as well as their own. That's why they tend to be very good with relationships.

- **Positivity:** Having a positive outlook gives you an upper hand in everything. When people start to think negative thoughts about something, feelings of anxiety, and worry dominate their minds. This actually makes it harder to overcome the situation at hand. If you're too busy worrying about what's going to happen, you can't possibly take the time to take necessary precautions to prevent bad things from actually happening.

In relationships, when you have an easygoing, positive personality, people naturally like to be around you. This is because your positivity makes you easy to interact with. You can't predict everything, of course, and you'll face unexpected things. When you have a positive outlook on what's happening, you can easily sort things out and not make a mess that leads to a fight.

- **Fun and Carefree:** Fun and carefree people dominate all social affairs. Boring people fritter away their lives and also spread their boredom to the people around them. Boringness is very contagious, when there's no lively person in a group of people, the whole group can easily go flat.

In contrast, fun-loving people know how to enjoy the moment and live their lives the right way. They drag others into awesome situations, getting the best out of their lives. They make others smile in their sorrows. They let you forget everything else and force you to focus on enjoying the moment. Such people simply are the best to spend time with. No wonder everyone loves them and their presence so much!

Being carefree involves not worrying about things that don't matter. It's basically impossible to improve as a person if you're too busy thinking about how others perceive you. The thing is, you need to know whose opinion to value and whose to ignore.

There's no end to what you can improve about your character. Leave space to grow so that you can improve and add to the good parts of your personality, and attack your worst faults with earnest effort.

### 3. Be ambitious and passionate

I believe that there's no real meaning to life if you don't have anything to strive for. By "anything," I'm referring to a goal of some kind that you crave to achieve. I'm talking about the kind of goal that helps you wake up every day to get closer to completing it.

An ambitious person will be successful, reach unimaginable heights, and make others respect her. People like ambitious people, not entirely because of their possible future positions but because of their acute senses of direction and passion regarding their lives. A focused and mature person will be notably more intelligent and thus more desirable to just about anyone.

## 4. Developing interests and hobbies

Interests and hobbies can help you in many ways throughout your life. They can be pretty useful regarding relationship issues as well.

Hobbies or interests are something you naturally love to do. They help you to keep your mind off any unwanted negativity, which helps you relax and makes you a better person. Your devotion to an interest also allows you to get really good at what you do. Then you start to receive admiration from people for that talent or skill. Being a violinist is unusual, if you play the violin well enough, you can achieve more social acceptance.

The hobby could be anything, as long as it is a productive use of your time and keeps you away from all the negativity you'd normally face. Also, it'll have you standing out from other people and open conversational doors at social gatherings.

## 5. Growing into a “new You”

People will naturally grow as long as they're learning from what they see. Depression and mental strain can make it very hard to give yourself the required space to grow. Your intention here is not to try and change yourself into somebody you're not, but rather to modify yourself into the best YOU that you can be.

### The outside:

#### For GUYS:

If you're a guy, a healthy, attractive physique is a nice bonus, but it isn't really all that important. I'll prove this fact to you with the help of a great, animated movie named *Megamind*.

The movie's superhero, Metroman, has a perfectly toned body, a strong voice, nice hair, and, of course, superpowers. He saves the world from terror and people obviously love him. A hot news reporter, Roxanne, like millions of other girls, has a massive crush on Metroman. Her assistant, Hal, however, has a massive crush on HER and is always trying to get noticed by her. But despite being aware of his feelings for her, Roxanne never has any feelings for him. Obviously, Hal is not as handsome or attractive as Metroman, but that's not exactly the reason why Roxanne doesn't have feelings for him. How do I know that? You'll know soon enough.

In the film, the Megamind defeats Metroman and conquers the city, but then, Megamind finds himself feeling lonely without any competition or challenges around him and he grows bored. So, he comes up with the idea of making a new superhero he can duel with. Using Metroman's DNA, Megamind builds a ray gun that'll give any normal person all of Metroman's powers. Somehow, he accidentally shoots Hal with the ray gun, turning Hal into the well-toned superhero he dreams of being.

With his new strength and superpowers, Hal again pursues Roxanne, this time expecting total success. But even with all the superpowers and looks, Roxanne can't picture herself with Hal and he becomes desperate. When nothing he does seems to work, Hal tries to force Roxanne to love him by kidnapping her. He misses the point by thinking attraction is all about looks when it's more about his behavior and how he presents himself.

Finally, Roxanne ends up with someone different who is physically less attractive than anyone else in the film. I don't want to spoil your fun, so just watch it!

My point here is that you can rest assured it's not just your body or looks you need to be worried about. Maintain a healthy diet and, if you're not so fit, go to the gym a couple of times a week. At the least do some exercises to stay in shape. Combine that with proper hygiene and a decent sense of style, and you're good to go. Plus, we're talking about your ex here. If she was sexually attracted to you before, your looks likely aren't the hold-up, right?

Note that how you look and how you carry yourself are two different things. Looks may not be so important, but your *body language* is. If you're always slouching and showing poor body language, others will most likely reject you. It's extremely important to be able to reflect your confidence and charm with your posture and movement.

## For GIRLS:

Girls tend to be much more conscientious of how they look, both because of societal norms and a sense of competition that they always claim they don't have (right, Ladies?). However, if you had trouble with your ex, it likely wasn't because of your looks.

Once a guy accepts you for your physique, he won't reject you for it. Sure, he may check out other hot girls on the beach, but that's just how guys are. It's not something to be worried about; guys have curious eyes and like to look at a wide variety of women, it's basically just like "people watching" for us.

You also don't have to spend lots and lots of money on expensive makeup and shoes to make yourself look attractive to your ex-boyfriend again. In fact, here's a little secret . . . men don't even look at your shoes. If you look nice, that's enough. You're definitely not ugly to your ex and never will be, for that matter. So set yourself right and be confident about yourself. Don't ever let other people's comments change the way you dress. Divide the world into two parts: people who matter to you and random people you don't know. You should never pay attention to what random people are thinking or saying about you.

If something is bothering your ex about you, it is most likely your *behavior*. Go back to earlier chapters and think, did you do something to push him away? Were you overly possessive? Nagging? Negative? Did you make his life easier and more fulfilling, or harder and more complicated?

# Chapter 5: [NEN 2.0] - Step 3: Socializing and expanding your comfort zone

In the previous chapter, we discussed how you should keep your Facebook profile busy by socializing with different people to let your ex know that your life hasn't been dull since your breakup. You need to greatly increase your social value to make your ex be re-attracted to you. You do this by socializing both on Facebook and in real life.

## Socializing on Facebook

We all know how strict Facebook is when it comes to adding strangers. In order to socialize on Facebook and increase your social appeal, it's important to know how you can use Facebook to meet new and interesting people and add them to your friends' list. Facebook has a lot of features that help you to do so.

### Socializing with new people

Before you consider meeting up and making friends with complete strangers, remember that it's going to be a lot easier and faster to socialize with people from your actual life. By people from your life, I'm talking about friends of friends or friends of family. This could also mean old school friends or co-workers. In short, people you somehow connect with. Let's go through some Facebook tools you can use to expand your social web from all sides.

**Suggest Friends:** The easiest way to meet new people from anywhere and everywhere is with the "suggest friends" option. Facebook gives you the option to suggest a number of friends from your friends' list to another friend. Conversely, friend suggestions will come to your friend-requests tab. By asking someone to

suggest some friends to you, you can easily meet new people and socialize with them.

**Group Conversations:** Group conversations are very effective when it comes to meeting new people. You can be making new friends while chatting with your old ones.

You do this by having a friend add new people to your conversation. From there you can get to know them and later add them as friends. Also, if you can, get into conversations with new people on your friends' comment threads. Interact with them on your friends' status updates and wall posts. Be funny, amusing, and engaging. You'll make new connections that way.

The best part about this is that you'll have your friends' backs (and vice versa) throughout the whole process. So chances of failure are almost zero. I've met tons of women like this, it works every single time!

**Find friends:** The "find friends" feature is one of the most useful features when it comes to meeting new people from real life. It's accurate, fast, and effective.

If you don't know what this is, go to the friend-requests tab on the top left corner of your home page and you'll see the "find friends" link. Click on it and it'll bring you some more options. From there, click on the "other friends" link. This will take you to a page with various tools for looking for people you know.

With the "find friends" option, you'll be able to find TONS of profiles of men and women you connect with somehow. There will also be options for sorting them out using mutual friends, schools, or companies you've worked for. It doesn't get any easier than that.

**Groups:** On Facebook, you'll naturally be associated with at least a few groups. You could even start a group yourself. These groups will have a lot of members that you'll kind of know and can be a great asset for socializing and meeting new people. Staying up to date with popular groups is a great way of meeting new people.

## Socializing with Strangers

Facebook was not made for meeting strangers, but it can be used for that purpose! You can effectively get the most out of certain Facebook features and use them to meet strangers.

**Adding from someone's friends list:** There are a lot of people on Facebook who use the friends lists of their own friends to meet strangers.

You find someone who is good at this and then use his success to your benefit. You simply go to his friends list and you'll get access to hundreds of profiles of people who are obviously looking to meet new people and so will add strangers. This way the risks of getting a "friend request block" will be very minimal.

**Scouting:** Scouting has to be my favorite way of meeting new people through Facebook. Similar to adding from someone's friend list, you find someone who is into using Facebook for adding strangers and meeting new people.

All you need to do is visit his profile once or twice a week. Since he will be adding strangers, you'll find a message on his timeline activity like, "This Guy is now friends with Some Other Guy and 12 more people." Voila! There are thirteen profiles of people you know will add you once you send them a request. Things just couldn't get any easier, can they?

Adding from someone's friend list and scouting are easy, trouble-free ways of socializing with strangers. It's something you just won't be able to get enough of.

**Websites for meeting new people:** On the Internet, you'll find a lot of websites that, unlike Facebook, serve the purpose of helping you meet total strangers. You can chat or video chat with them through the website and, if you like them, you can simply ask for their Facebook profiles to send them friend requests.

This might not sound like a useful way of interacting with strangers because there are no guarantees. That's what I thought when I first went to a website like this. But, to my surprise, there are tons of cool, decent guys and girls on these sites who are actually worth your time! So before you make assumptions, I suggest you try it out yourself. Here are a few places to try:

- *Omegle*: Omegle is the best website serving this purpose. The best thing about Omegle is that you remain completely anonymous and the other person has no idea about who you are unless you want him to.

Some similar websites:

- i. [www.tohla.com](http://www.tohla.com)
- ii. [www.imeetzu.com](http://www.imeetzu.com)
- iii. [www.blurrypeople.com](http://www.blurrypeople.com)
- iv. [www.talktoastranger.com](http://www.talktoastranger.com)
- v. [www.tastebuds.fm](http://www.tastebuds.fm)
- vi. [www.mocospace.com](http://www.mocospace.com)
- vii. [www.kwick.de](http://www.kwick.de)
- viii. [www.meetstrangers.com](http://www.meetstrangers.com)
- ix. <https://www.jaumo.com/>

**Using Facebook applications and games:** There are some Facebook applications that were made for you to be able to interact with strangers on Facebook. However most of these apps are for dating purposes, so it might not be the right thing for you at the moment.

Here's a list of such applications, just in case:

- i. Imingle: <http://apps.facebook.com/imingleapp/>
- ii. Twoo: <http://apps.facebook.com/twoodotcom/>
- iii. Are You Interested?:  
<http://apps.facebook.com/areyouinterested/index.php?&track=0&action=search>

---

**facebook Relationship Rewind**

- iv. Tavla: <http://apps.facebook.com/tavlaci/>
- v. Our.com: [http://apps.facebook.com/our\\_com/](http://apps.facebook.com/our_com/)
- vi. Online People: <http://apps.facebook.com/onlineusers/>
- vii. Tinychat: <http://apps.facebook.com/tinychat/>
- viii. Cupid: <http://apps.facebook.com/cupidcom/>
- ix. Match.com: <http://apps.facebook.com/matchdotcom>
- x. GirlsDateForFree: <http://apps.facebook.com/girlsdateforfree/>
- xi. Backgammon Plus: <http://apps.facebook.com/backgammonplus/>
- xii. Vicchatter: <http://apps.facebook.com/vichatter/>
- xiii. DoULike: <http://apps.facebook.com/do-u-like>
- xiv. Kizzle Die Flirt App: <http://apps.facebook.com/kizzlenet/>
- xv. Tint: <http://apps.facebook.com/tint-app>
- xvi. Shaker: <http://apps.facebook.com/tint-app>

A better way of meeting people from Facebook is through Facebook games. Facebook has a few games that you can play with people from the Facebook community.

### **A few notes about socializing on Facebook:**

When you socialize it's important not to lose track of what you're doing and why you're doing it. Your first job is to keep your interactions visible so your ex is able to see them.

It's smart to use tags and events so your ex will directly see what you're doing from her newsfeed. This will take her to your profile, so you have to make sure not to disappoint her and have equally compelling content on your timeline.

Wall posts and comments should be your first priority when talking to someone from the opposite sex. Be sure to have the spotlight on yourself and give a good impression that will engage and impress your ex.

## **Socializing Outside Of Facebook**

It's very important that you socialize *outside* of Facebook. As we will discuss in the environment-engineering segment, you don't want to show your ex that you don't

have anything better to do than sit on Facebook all day. Getting out there and hitting the social scene is the best way to build your self-confidence, too. This will reinforce the fact that you're a totally fun, cool, and attractive person who people like to be around.

Besides that, you want your ex to realize that you're now back in the game and that you're meeting and possibly dating new people. This will be a very powerful component of our negative-emotion neutralizer method.

Your job is to continue building up your social value in the real world, bringing that value to Facebook where it can be seen. We'll show you how you can take advantage of all of this in the next part of the negative-emotion neutralizer method.

# Chapter 6: [NEN 2.0] - Step 4: Using Facebook to Plant Emotional Seeds

## Planting Emotional Seeds with Environment Engineering

In this chapter, we'll discuss how you equip yourself for the task at hand and ready yourself to get your ex back. Before you can plant emotional seeds in your ex's mind, there are a few preparations that must be made. These steps are like putting your gear on before going to battle and distracting your enemy to put yourself on top of the game.

Environment engineering is the part of *the science of social networking* where you discover the ways in which you can place the situation under your control. It's the science that shows you how you can create the most advantageous environment around your ex to prepare him to be receptive to your efforts.

Remember, your profile is your hunting spot or environment. In order to get your ex to really want you back, it's essential that you set up your profile in a way that allows him to feel attracted to you again. If you leave your profile as it is, you're inadvertently going to shoo him away. If you don't give him anything new to see or be curious about, he'll have no reason to give you a fresh look. And we both know that isn't going to be very helpful.

Beyond that, there are many Facebook tools and accessories that you can use to seduce your ex into desperately wanting you back. But it's necessary to act fast and start assembling your profile and using other Facebook tools to create a strong attraction. Let's get started.

## Your Profile

Your profile is the most important part of creating re-attraction by using Facebook. Since you're not with your ex anymore, the chances are high that he'll check your Facebook profile to fulfill that curiosity.

The core strategy of environmental engineering is to build more curiosity in your ex's mind and make him look at you in a new way. He'll be interested in your Facebook activity, which we'll engineer to seduce him even further. In this way, you trap your ex into wanting you badly. The profile is the place to start.

### *Your profile is under YOUR control*

The best thing about your profile is that it's loyal to you with no exceptions. It does what you tell it to do. What you put in, remove, or do on your profile is completely in your hands. You have total control. Your profile is the most flexible tool you can use to seduce someone, ANYONE . . . including your ex. You must learn to use it well!

### *Keep your profile positive*

After a breakup, there are obviously going to be millions of negative thoughts going through your mind. Many people make the mistake of plastering these thoughts all over their Facebook walls. DON'T be one of those people.

The most important part of having an attractive profile is keeping everything positive. If you give anyone, and especially your ex-lover, the idea that the state of your life and mind is nothing but a complete mess right now, you'll just repel her away from you.

Positivity will show your ex how mentally strong you are and how capable you are of dealing with your emotions and overcoming the situation. This will be one of the most important things that will clear the space for the re-attraction you're going to create.

### *Keep your profile “busy”*

Don't just leave your profile empty like an abandoned town in an old Western movie with sagebrush blowing through the foreground. If you do, you'll be telling your ex that your life is so dull right now that you don't even have anything interesting to say in your status updates.

Interact with people you know and start meeting new people as well. Make sure to interact with them with features visible to others like status updates, wall posts, tags, comments, applications, and games, etc. This way, your ex can see that, despite your feelings about the breakup, you're busy socializing with other people. This will increase your social value and make you more desirable.

The social importance you'll be showcasing this way will really help to make your ex start to want you back. Moreover, he'll want to act quickly because, with all the socializing you're doing, it's only a matter of time until someone develops a romantic interest in you.

### *Show that you've upgraded yourself*

Whether it was your flaws that made your ex leave you or some other combination of issues, you must now put the changes you've made to yourself into action. You can do this in a variety of ways using your photos, biography, status updates, likes, and interests. Noticing your changes, your ex will be sure to start to see you in a new light and will wonder what it would be like to be with you again.

### *Your activity*

There's a tab on the right side of your timeline that shows activities like new friends, applications, likes, and so on. This activity feed is an important weapon. You should be adding new friends (mostly of the opposite sex) and interacting

with them. Socializing is an important part of being seen as a highly valued social being.

You'll be spending some, but *not too much*, time on Facebook. This is a very important part of setting up the environment, as you mustn't give your ex the idea that you don't have anything better to do. You should be focusing on the quality, not the quantity, of your time on Facebook. What's important is that you keep yourself busy during the times that you *are* on Facebook.

The ideal thing is to socialize a lot outside of Facebook, especially with friends. Then you showcase whatever you're doing outside of Facebook *on* Facebook, so that your ex can see what you're up to. Photos, events, groups, there are a lot of options that will help you to do this.

### *How the "feel" of your profile needs to be . . .*

Your profile should be a typical busy SINGLE profile. It should show your ex that you're single now and that you might get snapped up at any moment by a lucky person. There have to be motivators for your ex to get back with you, and the fear that somebody else might take you off the market is a good one.

You should cultivate a flirtatious tone in your visible interactions with the opposite sex without indulging in any kind of serious romantic affair. This way, your ex will feel JEALOUSY running up his spine and anxiety running around his mind. This complements the core idea of environmental engineering.

You also need to mix some motivation for your ex into your profile. If you give *too* strong of an impression that you're in demand, he may start to feel like YOU aren't interested in HIM, which we don't want.

With your interactions or other activity, show that you're happy being single for the time being. Keep it small in detail, for example, imagine someone asks you out by posting on your wall. You reply saying that you would love to but you're just not ready for something like that yet. You don't have to worry that you're

keeping your response to short because, believe me, your ex is going to be spying pretty closely and will check *every single detail*. Just keep it visible!

In short, whenever your ex checks up on you and clicks on your profile, he should see:

- a. You're not living a depressed, dull, boring life doing nothing but watching TV or lying in bed all day.
- b. You're not letting the trauma of the breakup get the best of you, and you're keeping yourself and your environment positive.
- c. You're socializing to the fullest, especially with the opposite sex.
- d. You're living an ideal life with no direct signs of regret or inner struggle.
- e. You've evolved into an upgraded, bug-free, and much more desirable person.
- f. You're making new friends (especially those of the opposite gender) and interacting with them a lot.
- g. You're showing romantic interest in your new friends and flirting with them while refusing to go into any sort of REAL romantic affair.
- h. You're going out with friends a lot and enjoying your time a lot.

# Chapter 7: [NEN 2.0] - Step 5: Make Your Ex Lust for You Again

This is the part of the book that shows you how you use Facebook to plant emotional seeds into your lover's mind and make her crave to have you back. You'll learn how you can successfully use Facebook tools and features to get your ex-lover exactly where you want her, desperately asking to get things back the way they were.

## Facebook Tools of "Re-Attraction"

Facebook has a lot of tools that you can use for seduction, even though they weren't actually made for that purpose. It's about time that I give you an overview of these tools and show you how to use them to create desire in your ex's heart.

**Status Updates:** When dealing with a breakup, people often update their statuses to things like this:

"Feeling really lonely. Life sucks."

"I've always loved you, you were the love of my life."

"This world has so far given me nothing but pain. I've had enough of this. FML."

Now, didn't it hurt your mind to read that? My point precisely! Just because you're depressed doesn't mean that you have to torture other people with these kinds of status updates that make yourself look bad. These types of woeful status updates will not get you sympathy. They'll just make you look a little bit pathetic, and that's not going to help your cause. Besides, if you update your status like this, your ex will see how desperate you are without her and how badly you want her back. In regards to the Push-Pull Theory, this will just push your ex away from you even more.

So, what are the kinds of status updates you should post? Update your status with all of the cool things that you're doing in your life . . . this will make

your ex feel LEFT OUT. Show your ex how you're going out with your friends, having the time of your life, and doing amazing things. Show her how exotic and fun-loving you can be with your life.

This will really make your ex want to be a part of it.

**Photos:** While suffering from a breakup, most people will upload sad photos of themselves. They may post depressing animations, lovey-dovey photos, quotes from the Internet, and so on. This will also make you look pathetic and give the impression that you're just sitting around crying about your ex. If I broke up with someone and she started tagging me in photos and posts like that, mark my words, I WOULD unfriend her. Stick to the positive stuff. Negativity is pointless, meaningless, unproductive, and annoying.

When socializing outside of Facebook, keep a camera with you. Take photos often and remember to show off your smile. Show your ex that you're really having a great time doing fun things. Make her regret not being with you.

Aside from that, photography is a pretty cool hobby. No matter how bad you suck at it, on days when your friends are busy you can grab your camera and go take photos of the landscape, birds, or whatever. It's a solid hobby that shows your ex that you have things to do and that you're not moping around.

There's actually a lot more that you can do with photos, too. Imagine you meet an attractive person on your way home from work one night. She works somewhere close to where you work and you live in the same neighborhood. Hey, you can often share a cab or you can walk home together! It would be easy one day to come up with a reason to take a picture of the two of you. Then you've got something to put up on Facebook that will help to develop some intrigue.

A few days later, on your way home from work, you can take out your phone or camera and take a photo of you two on the street at night. You then can upload it to your Facebook profile with a caption like "My friend (insert name). Gosh! The neon lights make her look stunning!" and tag her there.

That'll surely get your ex curious about your life. Taking a photo of yourself with someone is actually no big deal at all, but it's still a very powerful tool when it comes to catching your ex's attention.

You can ask most people to have a photograph taken with you after just talking to them for a while. And if you're a girl, the odds are always going to be in your favor, most guys will say yes in a second.

If you're a guy, you could even ask a waitress to have a picture taken with you. You might even tell her the truth about your ex, saying, "Would you mind taking a picture with me? You look really gorgeous and I really want to make my ex jealous." From past experience, I can say she'll be most happy to oblige.

When your ex sees you in pictures with attractive people of the opposite sex, she'll start to wonder who these people are and whether she is now being replaced! Then she'll begin to want to contact you and ask you about the new girl. Whether she gets the guts to confront you or not, this plants a very strong emotional seed in her mind that will trigger feelings of loss and regret over letting you slip away.

**Tags:** Tags have to be one of the most important tools of re-attraction on Facebook. Not because you're tagging your ex to make sure he sees what you're doing, though. NO! Don't even think about doing that!

Tags are like a *social proof* of your life and what you're doing. When you're tagging people in your status, it proves that you're socially strong and valued. Tagging the new opposite-sex friends you've made into your posts will give your ex direct access to their profiles. He'll check the new people out which will be sure to create much more jealousy in his mind than a normal status update would.

Tagging people in posts will give you more options for socializing on Facebook. For instance, the friends of friends that you've tagged will see them, too, and are likely to comment on the post, opening the door for you to meet new people.

The MOST important thing about tags is that they guarantee that your ex sees them. Confused? When someone tags you in a photo, it instantly goes to all of your friends' news feeds. Because of this, it's very likely that your ex will see the photo, even if your ex didn't have plans to check out your profile to see what you're up to, photos like that will get him to do so. It's like taking candy from a baby!

**Events:** Speaking of events, you shouldn't only attend whatever you can; you should also make cool events and start inviting friends, friends of friends, and, in some cases, YOUR EX.

Be sure to show your ex that you're super busy, socially, and, based on the Push-Pull Theory, show your ex that lack of interest we need to attract him to you. Events create a very valid excuse for getting close to your ex in reality, as well. Best of all, you can do so without looking needy or pushy.

You can try and play a little game with your ex. Plan an event and invite only people who your ex doesn't know. This way, your ex can't get too busy with socializing and he'll end up noticing what you're doing. And what is it that you'll be doing? You'll be spending the event being cool, dominating with your epic social skills, and looking desirable. This will get your ex's blood really flowing. He'll want you back like crazy. It's just going to be a matter of time until he starts finding ways to try to get you back. CHEERS!

**Groups:** Groups can be used just as effectively as events. The difference is that with groups you can communicate with a lot of people at once. Being socially dominant, you'll be able to hold your value while connecting with groups, so that won't be a worry. The best thing about groups is that you can do the same thing to your ex that you'd do to her through the use of events.

You could add your ex to a group that has all of your buddies but no one with whom she is very familiar. You can show your appeal to your ex while connecting inside the group. Of course, your ex also may not accept the group invite or may not interact with the group, and you *mustn't* violate the no-contact period with a group invite. It will be up to your ex whether she wants to socialize

or not. And if there's no one your ex knows in the group, it's very likely that your ex will choose not to.

In that case, you'll just have to go with an attack allied by her friends. That way, when her friends are posting and commenting on the group, your ex will get notifications on her profile and see them on her news feed, as well. But be sure that you demonstrate high value to your ex's friends. If they don't respect you, the joke may end up very literally being on you. That would be a disaster.

**Games and Applications:** Most Facebook games and applications post on your profile on your behalf. You can use this to attract your ex.

In some Facebook games, you can play with friends. Those apps post your progress and interaction on your profile. When you play games with hot girls or guys, your profile will automatically start posting updates for your ex to see. The game will also make posts that appear on your friends' news feeds, which can help to provoke your ex into wanting you back.

**WARNING:** Do not go into dating applications unless you have really thought it through. If you were caught cheating during your relationship, you should probably stay away from these apps. You may think that they're pretty discreet, but they aren't. There are a variety of ways others can spot you using these apps. If the breakup was caused by your infidelity, your challenge is not to re-attract your ex as much as it is to rebuild her trust, inciting jealousy will not do that.

Plus, dating apps could start your ex thinking that you can't handle being alone for even a short while and that you're desperate to have another lover in your life. Aside from that, your use of these apps could completely diminish any sort of interest your ex might have had left for you.

However, there are ways you can use dating apps to your advantage. If you feel safe doing so, it's your call. The more important thing is to socialize with the opposite gender a lot. Wall posts and other visible Facebook interactions will work better.

If you even give your ex a hint that you're daring to step on the dating ground again, she will begin to fear losing you. This will get her thinking about your great qualities that made her love you in the first place and she'll think about how other single women will want to be with you. Then she'll start to question herself, rethinking the entire breakup.

## The "Timeline Rewind"

A while ago, Facebook introduced a new feature: a "timeline" on every profile that archives the person's posts and activities. With a timeline, you can easily "scroll back in time" and see what you (or your friends) were up to at a certain point in the past.

People's entire lifestyles go through dramatic changes after a breakup. Sadness, anxiety, and emptiness often consume people and start to define their actions, at least for a while. I don't believe in dwelling on the past. What I do believe in is working in the present for a better future. Your ex took you for who you were once. Now, you're going to implement your new self into your timeline in order to show your ex that you're still "the one" for her.

Timeline rewind works in two sections. First, you take your ex to the past to show her how things were back then and remind her of the sweetest moments of your relationship. Then, you bring her back to the present to show how you've evolved into a much more attractive and desirable person.

Using timeline rewind will generate regret and bring back the love your ex has always had for you. What you do is go back to the time of your relationship from both profiles, yours and your ex's. You can reflect the past on your profile in various ways. You can:

- a. Put up previous status updates.
- b. Share old photos of you together or a photo that reminds you of your relationship.

---

**facebook Relationship Rewind**

- c. Share posts that had very long comment conversations with your ex.
- d. You can use the “see friendship” option to instantly get access to all your wall-to-wall interactions and tagged photos.
- e. Have your friends do the same. Have them share photos and say good things about you to your ex.

By applying our environment-engineering concept and using those tools of re-attraction properly, the timeline-rewind technique will make your ex start missing you so much that it’s unbearable.

The thing to think about here is the no-contact period. During this period, don’t go doing passive-aggressive stuff like reposting old pictures of the two of you or bumping old status updates about your relationship. That said, there’s no reason your friends or others can’t do it for you. Have them comment on a pic of the two of you saying, “It’s sad . . . you both were so happy then,” etc., and your ex will get a notification saying the person commented on a photo that she is tagged in.

Mark my words, if your lover doesn’t come running back to you trying to talk to you or asking for YOUR time, I will run naked through my neighborhood on my thirtieth birthday.

# Chapter 8: [NEN 2.0] - Step 6: Meeting Up With Your Ex Again

## Is it time?

If you want to make sure you get back together with your ex, it's important that you arrange an actual meeting at the right time.

A lot of people will get impatient and go completely against the no-contact period, messing up everything in the process. The no-contact period is a proven and well-designed process and should be followed very strictly. If you can't patiently abide by it, there can be no guarantees that you will get your ex back.

There are two main ways to assess whether it's time to contact your ex and end the no-contact period:

- **Step 1: Knowing whether your ex is ready to start again.**
- **Step 2: Knowing whether you're ready to start again.**

### Step 1:

For the first step, you need to look for certain signs, such as if your ex is:

- a. Trying to get in contact with you now and then.
- b. Sending you private messages or chatting with you online often.
- c. Giving you excuses to make contact.

- d. Getting mutual friends to send you indirect messages.
- e. Silently stalking your posts. (Chapter 9, Test 1)
- f. Adding your friends.
- g. Attending events you're attending.
- h. Trying to get noticed via groups or comments.
- i. Trying to give you indirect messages via status updates or photos.

If you see five or more of these signs in your ex's movements and Facebook activity, you're good to go for now.

(P.S. If your ex is not on your friends list now, first follow the instructions explained in this chapter to add your ex. Maintain no-contact for a few days to check the signs and test your ex. Then go on reinitiating contact if your ex passes the test.)

## **Step 2:**

Now for the second step of this process. This one is relatively complicated but vital. Here are some questions for you:

- a. Do you still think about your ex a lot and have trouble controlling the urge to check your ex's profile every time you log onto Facebook?
- b. Do you still have trouble eating, sleeping, or working because you're too hung up thinking about your ex?
- c. Do you still always expect to see a message from your ex every time you check your Facebook messages or email?
- d. Do you still feel strong emotions of anger or resentment towards your ex?
- e. Do you start thinking about a reply instantly when you receive a message from your ex and are unable to keep your mind off it?

- f. Do you have sudden emotional breakdowns thinking about what happened?
- g. Do you unknowingly or willingly avoid things that remind you of your ex?
- h. Do you think there's a chance that you might "lose it" when talking to your ex again?

Be brutally honest with yourself. I suggest you close your eyes and calmly think about each question for a while to get to an honest answer. If you answer five or more above questions with a "yes," you may need some more strength and confidence before you initiate contact.

If you've been honest with yourself, however, at least two of the questions SHOULD be a "yes," otherwise I have doubts about whether you really want to be with your ex or not. (Think again!)

### **Ending the no-contact period**

Only end the no-contact period and reinitiate contact when you're certain that it's time. The wrong timing might screw things up for good.

### **If your ex un-friended you . . .**

The worst-case scenario before you began this course would be that your ex un-friended you. If that's the case, you don't have to worry, it can easily be resolved. If you've followed the instructions from Step 3 properly, your ex will be the one adding you. If that doesn't happen, here's what to do.

### **Get yourself noticed**

Before you add your ex, you have to give your ex the idea that you've changed and evolved. You can use certain Facebook tools to do this.

**Socializing with your ex's friends:** Your ex will obviously have some good friends on Facebook, which means that she will be checking their timelines quite often, not to mention checking out the posts that come to her news feed. Now, if you socialize with your ex's friends by using wall posts or commenting on their status updates and photos often, your ex is clearly going to notice you. Chances are that she will go to your profile from there and see the new You. You have fulfilled your purpose of letting your new, improved self get noticed.

Don't just go on adding irrelevant comments here and there just to be noticed. The best thing to do here is to socialize with her friends OUTSIDE of Facebook and then you can maybe upload photos or post a status update about what a great time you had. Then you'll have something productive to talk about in the comments.

**Using photos and tags efficiently:** As we discussed earlier in Step 3, whenever you get tagged in a photo it instantly goes to all your friends' news feeds. You can hang out with your ex's friends and upload photos that you can use to tag them. This will take your profile to your ex's timeline and your ex will be sure to notice you.

**Posting in groups:** Your ex will certainly have groups that he stays updated with. You can make him notice you by posting in those groups, or better still, by commenting on a friend's post in that group.

### **Adding your ex as a friend**

Once you're sure that your ex has noticed you and it's time, you can confidently add him. If you still don't feel sure, follow up with the other steps to initiate contact. You can get your ex back that way.

To add your ex, you could come up with a valid excuse that he can't turn down. It's not only the excuse that he won't be able to turn down, he also won't be able to get his mind to turn you down with all the seeds you've planted in there. For example, he might have a lot of photos of your pet on his timeline. Tell him that you lost the photos and you need copies. It'll definitely be a major hassle

to download the photos, compress them and email them. Send him a message and then add him, how's he going to say no?

You could also add your ex with a message, saying you forgot something in his apartment or that you need to talk about something (besides getting back together, of course).

## Reinitiating contact

Although the primary means of immediate contact on Facebook is chat, you may feel uneasy or awkward trying to start there. Thankfully, there are other Facebook options. You can start there and later pick up your conversation on chat. Let's go through a couple of ways you can initiate contact to get the ball rolling again.

**Facebook chat:** Chat is the old-fashioned way of initiating contact on Facebook. If you're a straightforward and frank person, Facebook chat will be the thing for you. Facebook chat is a direct approach and a solid next step to follow the re-attraction that you have created so far. It reflects confidence and a sense that you can feel the seeds that are growing in your ex's mind right now.

Facebook chat is discussed in detail in the "getting back together using Facebook" section. For now, let me give you a few tips and show you what kind of messages you should send.

Tips and notes:

- a. Be casual. Show your ex that everything between you two is cool and there's no discomfort.
- b. Don't make a ridiculous excuse for starting the conversation, it'll just make you look unconfident. If you aren't comfortable chatting with your ex like this, use a different way of reinitiating contact and bring it to chat from there.
- c. If you know your ex is not in a committed relationship now and she WANTS to get back together, act as if the relationship never actually broke down. This will work as an emotional seed itself.

d. If you had a special pet name or nickname for your ex when you were together, address her with it. This will bring back feelings from the relationship and trigger memories in her mind. It's a strong mental tool that transports your ex back to when you were together as if nothing has changed.

\*\* If you sense that it's not a good idea to do that, first call her the pet name and then *apologize*. Act as if you unintentionally said it due to an old habit. Be casual. It works like a charm! Trust me, doing this will give you a major advantage in the situation. Just be casual. A casual attitude will imply that you're not needy or desperate.

e. You could start the conversation with something that reminds your ex of the good old days. For instance, tell her how that fancy restaurant reminded you of the time she spilled vodka on your pants.

f. You can choose to avoid the past and focus on what's going on in each other's lives now. This level of positivity will open up a person from the inside and help motivate your ex to carry the conversation.

g. Don't get friend-zoned. Keep a friendly demeanor only when starting the conversation. If you carry this tone the whole time, your ex might get the idea that you don't have much romantic interest in her anymore. She needs to know, even if not right away, that you want to be with her romantically and not just as friends.

**Group conversations:** You can arrange a group conversation with a couple of mutual friends; when it's up and running, add your ex or have someone add her into the conversation.

Group conversations are a great way of reinitiating contact because you're being backed up by your buddies. You'll be confident that there are few chances of things getting "awkward" or "uncomfortable" between you and your ex in the process. It's a great idea to share some memories that you and your ex spent together with friends. It'll become another powerful asset to getting your ex to want you back.

## Notes:

- a. You have to make sure that the friends you add are important to both you and your ex, otherwise, you can't use this feature to its full effect. You better also be sure that your friends support your efforts to get your ex back.
- b. Don't get too many people in there.
- c. It's a good idea not to begin the conversation with your ex. First, pick up a conversation with your mutual friends and then add your ex. You could even pick a topic that brings your ex up and then add her.
- d. It might not be cool to tell your friends during the conversation to add your ex using the actual chat window. You might as well do it yourself, once in the chat, she can scroll up and see what was said before she joined.
- e. Similar to a one-on-one chat, don't talk about the breakup or go to shallow places.
- f. This is a great way of resolving issues or getting answers. IF you see those seeds growing fast, this will be an asset. Whatever you do, though, don't try to work too fast in your first group conversations. You can occasionally be aggressive and engage your ex more overtly, but not right away in the first conversation.
- g. Don't pressure your ex by accusing her of things, asking for an explanation, or talking about things she might not be proud of. If you plan to resolve issues, do it in a way that doesn't make the situation uncomfortable to her.
- h. Group conversations also are the best way to reinitiate contact if you've been de-friended.

**Comments:** Comments will pretty much work the same as group conversations. You spot your ex in a comment thread and get yourself in there, maybe with a couple more buddies. The difference between group conversations and comments is that comments tend to be less private and, thus, less serious. You can make the

impression that the bond you once had is naturally getting stronger again. It's a risk-free solution with no real drawbacks.

Notes:

- a. I don't recommend that you just say anything that comes to mind here. Whatever you say has to make sense and be relevant. And it's equally important that you have value to the other people associated with the post or comment thread so your effort doesn't backfire.
- b. You don't want to let your ex think that you're commenting just to talk to her. Think of something smart to say that doesn't directly address her, yet you're likely to get a reply for. You can always tag a few friends at once in a post that somehow relates to you two so that your ex can't think that you're doing it just to get her attention.
- c. Comments are the second-best way of reinitiating contact if your ex is not on your friends list. In certain cases, it might even be the best.
- d. If you're bringing up your ex somewhere, make sure to tag her instead of just using your ex's name. Be careful doing this, though, and don't do it if you're in the no-contact period!
- e. Note that comments are a bit risky, but if you can get yourself noticed and you've been planting seeds correctly, they can work well.

**Wall posts:** Wall posting is a swift and direct form of contact. Wall posts should be for messages with a friendly and casual vibe. That's what's makes them an awesome way of reinitiating contact.

Wall posts are the best when it comes to breaking silence. I personally go for wall posts to smooth things over with friends after an argument. If you don't like trouble and want a fresh start, you could go for a wall post. Being direct shows confidence and the "public" factor about wall posts makes it much less needy or desperate. If you know your ex's friends or family are in favor of your

reconciliation, this will also get them to breach the subject of you with your ex and help you gain momentum.

Notes:

- a. Apply the notes from the Facebook chat here.
- b. Make your posts short. No one posts an essay when writing on someone's wall. It should be less than four medium-length sentences.
- c. You could even ask friends to comment on the post in a way that increases re-attraction.

## Meeting up

You might feel hesitant about meeting up and you might think about keeping things on Facebook, but that's not going to get you back together with your ex. Meeting up, sitting with your ex, and talking to her face to face is an important step in creating re-attraction. Even something as minor as eye contact is crucial. Plus, if you've done everything right to this point, being in your ex's physical presence again will be jarring for her. It will be a powerful moment that will bring up a lot of emotions that you can use in your favor.

## Arranging the meet-up from Facebook

There are a couple of different ways you could arrange a meetup. You can do so through Facebook events and group pages, or you could go personal through chat, a wall post, or a private message.

When meeting for the first time, do so in public. You can meet at your place or your ex's if you're confident about things and know that she won't get uncomfortable when you're sitting together alone. In that case, private meetings are actually better than a public meet-up.

A public meet-up is great, though, especially if you do it in a place significant to your relationship, like a favorite park or restaurant. There isn't really any chance of things getting uncomfortable there and if others are with you, your social appeal can make you look really desirable. As the meet-up continues, if you're with other people you could even take your ex to a calm and quiet place to talk to her alone after a while. That's why I suggest you attend a few public meets with your ex first and then continue on to privately meeting each other after having fully reinitiated contact.

**Via Groups or Events:** Events are a vital part of socializing when you want to create re-attraction. Events are going to be your first priority if you want to do a public meet-up.

I personally like to attend events that are arranged by well-known people or good friends. That way I can act like I own the place. That comfort level and confidence will be important in your situation. If you have any events like that available right now, pick one. Just make sure you're going to know a lot of people there; you can even take some friends with you, just in case.

You could also choose to go to a group meeting. Groups often arrange meet-up events. By groups, I don't just mean any groups; I mean groups that hold you as a respected member. These could be school-related groups, activity-related groups, or friend-circle groups. The thing that separates groups from events is the fact that in groups you can be more dominant as you know your rightful place in the group.

Things to remember for events and meet-ups:

- a. Attend events organized by well-known people. Make sure you'll know a majority of the people there.
- b. Events should be your first priority because they are very flexible, being public, and still give you privacy when needed.

Things to avoid:

- a. Don't go to an event your ex is attending if you're not very connected to the event or personally invited. You don't want to go to a party where you don't know anyone just to meet with your ex. If things don't go well, or she's busy, you'll look a little pathetic just standing there by yourself.
- b. Don't constantly try to convince your ex to attend if she doesn't want to come.

Other things to consider:

- a. If it's a killer opportunity but your ex is not attending, tell your friends or your ex's friends to insist that she come.
- b. If your ex turns down the invite from friends, you could personally invite her. But if there's a valid reason she can't be there, don't ask just to get rejected. Events are always taking place, you'll get your chance.

**Personally ask your ex to hang out:** If you personally ask your ex to hang out, be confident, and don't hold back. Holding back indicates low social value, while confidence builds it up.

For example, don't say something to your ex like, "Hey, I've been thinking about you lately, you know, maybe if you're free tonight we could go out someplace. What do you say?" This demonstrates insecurity and weakness. You've always had the upper hand in this game and you're not going to act insecure, THAT'S what your mentality should be.

What you should say is, "Hey there, we're going out with a couple of friends to such-and-such restaurant tonight. It'll be fun, you should come." Doesn't that sound much more mature? A bold and confident message like this will naturally make you look cooler. There will be no desperation or neediness. Furthermore, you're reflecting the fact that you'll be there whether or not your ex comes, which is smart.

Also, if your ex tells you that she can't come, don't start to beg her to come by changing dates or anything. Here's an example of what must not be done:

Matt: Hey, I've been thinking about you lately, maybe if you're free tonight we could go out someplace. What do you say?

Laura: I'm sorry, Matt. I'm afraid I've got other plans.

Matt: Oh, it's okay, then. How about tomorrow?

Laura: No . . . that won't be possible either.

Matt: What a bummer . . . how about next Saturday?

Laura: I'm not sure, but I might have plans. I'll let you know, k?

Here's what the exact same conversation would look like with a different strategy.

Matt: Hey there, I know you love Italian food and some friends and I are going to that Italian joint down the street. You should come, it'll be fun. We'll be there at eight.

Laura: Hey, Matt. I'd love to go, but I've already got plans.

Matt: That's too bad, you'll be missing out!

Laura: I know. I just can't tonight.

Matt: Well, let me know when you want to go some time, and we'll do it then.

Laura: Cool! I might be free on Saturday, I'll call you, k?

See how just by changing your words, you're reversing the whole process and making it look like it's her idea? If you were changing dates all over the place, it'd make you look needy, and your ex would be pushed away.

**DOs:**

- a. Be confident and sensible about what you say.
- b. Give your ex a direct and brief message.
- c. End the conversation quickly and pleasantly when you've said what you have to say.

**DON'Ts:**

- a. Don't say anything that demonstrates neediness or desperation.
- b. Don't accidentally tell your ex that your world revolves around her.

**Other things to consider:**

- a. If your ex can't come, use your words to get her to propose another date.
- b. If she's not up for it, don't insist or pressure her to come.

# Chapter 9: [NEN 2.0] - Step 7: Passing The Tests Your Ex Will Give You

## Dealing With Tests Your Ex Will Give You

After reinitiating contact with your ex, you're going to have to face various tests that he'll dole out. You have to know how to deflect these tests right back to him in order to be able to sustain the seeds you've planted in his mind. You'll want to know what your ex thinks of you and whether he's planning to get back together with you. There are strategies in this chapter that show you how to peek into your ex's mind and read his thoughts.

This chapter will show you the best replies to your ex's verbal tests and a few great ways you can test your ex for yourself. Let's get started.

### **Some common verbal tests your ex is likely to give you:**

We've covered Facebook well by now, so the verbal tests are the ones to watch out for. Questioning an ex once you're re-attracted to him or her is a natural process everyone has to go through. Your ex is going to want to know if you still care for him and if you can't make him realize how much you do, eventually, he'll quit trying and move on. Not everyone is so patient, so you don't want to mess this up.

He's also going to want to find out if you're truly single or not. Sure, you're meeting new people now and then, but being "single" to your ex has a whole different meaning to it. It's the feeling you give to your ex that tells him that you're still available for him and he could start trying to get you back.

When he notices how you're not going into anything serious in spite of having tons of opportunities and proposals, he'll come to realize that you still have feelings for him. It doesn't make you needy, in a practical sense that's what he wants, too. He might even want to try and go back to things right away to try and resolve them. In that case, you'll have to know how to react, depending on what's

best for the situation. The negative-emotion neutralizer is all about neutralizing the negativity in your ex's mind with positive feelings. In comparison, the positive feelings will be much more dominant, so you'll have a lot more than needed to wipe out the spots the negativity created.

It's all a matter of being confident. You're not going to go to him asking him to get back into a relationship just yet; you want him to take that step, instead. To be able to get that from your ex, you need to know how to nourish those seeds you've planted there. Needless to say, you do that by coming up with an appropriate response to whatever he might ask.

**Your response to these tests:** These tests target a person in the weak and sensitive spots of the emotional mind. That's why it's normal for anyone to become overwhelmed and make a mistake here.

The powerful impact of what your ex has said gets to you and you start to lose track of yourself. You start going back to explaining things in a way that's defensive and unattractive. That'll be equivalent to spreading salt on the seeds you've carefully planted, salt stops the germination process and prevents seeds from growing, after all.

Our entire theory is based on the Push-Pull Theory. Getting so emotionally imbalanced shows that you're still pulling her, and pulling her *hard*. And what do you think happens then? You're just unintentionally getting your ex to push you away again and making her think that maybe you haven't changed, after all. That'll take you right back to the place where you began.

For example, here's what a normal person's conversation would look like if his ex dumped him:

*Ex: You know, I've been wondering... Brett...Can I ask you something? Do you still care for me...?*

**Brett:** *Melissa... I always have cared for you, I care for you more than anyone in the world right now, and I can promise you that my feelings for you won't change till my very last breath.  
(He'll start typing his next message before the girl gets a chance to reply to what he's said)*

**Brett:** *I know it was my fault any of this ever happened. Just give me one more chance and I promise to make things right. I'll do better this time, I promise. Just give me one more chance... (And so on)*

This is a demonstration of neediness. As much as you're thinking that you'll never do something so stupid, I can assure you at one point or another you ARE going to lose your emotional cool and say something that'll push your ex away. This kind of reply would sabotage all your efforts and bounce you right back to the beginning. Furthermore, it ensures that if you do restart the relationship, you're already on the "hot seat" and your ex holds all the cards.

Think about it from Melissa's point of view. Wouldn't a sudden reply like this totally freak you out? Now, it's not like an emotional breakdown like this would instantly break you up for good or make her un-friend you. But if you don't know how to control your emotions yet, there will be no guarantees.

Before that conversation, you literally had your ex right where you wanted her, it was just a few more formalities and you'd have been back together in a relationship better than ever. Emotional control will take your relationship experience to the next level, as you'll be able to cope with things much better as they come up, too.

Here's a good example. Back in the old days when there was no electricity or Internet, marriages would often be arranged by a girl's parents. In some cultures, the girl didn't even get a chance to speak to the groom before the marriage. Believe it or not, these cultural traditions are still maintained in some places around the world.

Now, it's because women eventually learn to control their emotions that they can cope with ANYONE. And, astonishingly, most of these arranged marriages never lead to divorce, unlike the present trend in the United States where at least half of all marriages do. That's how important emotional control is regarding relationships. It doesn't matter what gender you are.

Emotional control helps with everything, from not overreacting in an argument and blowing things out of proportion to being patient with your lover. It is essential. Now here's an example of what a confident version of Brett would do:

*Ex: You know, I've been wondering... Brett... Can I ask you something? Do you still care for me...?*

**Confident Brett:** *Of course I do. Unfortunately, things just didn't work out, but I still care about you.*

*Ex: I know what you mean, and I am so sorry for how things went. I wish that...*

**Confident Brett:** *I'm not accusing you of anything here. Let's just leave the past, alright? We can have a totally fresh start anytime we want! No worries. So, you know I just met Frank and Ashley in the street yesterday. You guys still in touch?*

Now, let's read through our confident conversation. The first and biggest difference between Brett and Confident Brett is that Confident Brett has full control over his feelings and there is absolutely no possibility of him getting swept off his feet by anything his ex says, no matter how emotional. He still remains focused on his prime objective and doesn't slow his pace at any point of the race. Instead of pulling on her, he's actually having her pull at him. Notice how he does that just with one sentence.

Furthermore, with the "We can have a totally fresh start anytime we want" line he gives her assurance that there are chances of them getting back together. Notice how he used the "we" to plant the possibility into Melissa's subconscious. Then he ends the topic there to downplay the issue, making him more desirable.

He finishes the topic by saying something that works as yet another strong emotional seed, and thus he gives his ex no chance to get the best of him, leaving her baffled by his words.

That is the level of self-control you have to accomplish. Whenever your ex says something emotional to test you, you deflect it back to your ex with a compelling answer and reverse the process. We'll show you a couple of examples of this so you can be able to come with your own replies to anything your ex might ask. Here are a few more demonstrations of how your response should be:

- a. If he wants to know whether you still have feelings for him:

*Ex: Sara, Do you think of me when you're all alone doing nothing...?*

**Confident Sara:** *To be honest, I try not to dwell a lot on the past. I have so much going on now, you know?*

*Ex: Oh, I see how it is.*

**Confident Sara:** *I'm not saying I don't think of you. We had a great time together. We literally make the best couple. Anyway, did you hear about the huge contract I recently got?*

- b. If she wants to know whether you only want her for sexual reasons:

*Ex: Was it just sex that you wanted from our relationship?*

**Confident Jon:** *It's not like I couldn't find other people to sleep with if I wanted. Do you really think I just wanted that from you?*

*Ex: I'm sorry, Jon. I probably shouldn't have said that. I don't know what I was thinking.*

**Confident Jon:** *Hey, it's alright. No biggie. So tell me, you still wander around in the forest looking for rare flowers like we used to back then?*

## Running Some of Your *Own* Tests

You can use certain Facebook features to get to know your ex's interest level in you. The results help you to decide a lot of things, especially how you're going to approach her next. These tests are very helpful to decide if it's time to initiate contact. First, let me show you three tests you can give through Facebook to test your ex.

### **Test 1: Is your ex silently stalking your profile and posts?**

Usually, it's not easy to decide whether your ex really is falling for you again. A lot of times, she'll keep her feelings secret by being silent about things. On Facebook, this might be a problem because you're not getting much of a physical indication from your ex like you would during face-to-face contact, either.

When things are working right, your ex should become a regular visitor to your profile. (A lot like you probably were on hers before starting this book.) If she's a more "reserved" kind of person, she'll keep her visits silent. I mean, it's kind of embarrassing to let anyone know that you're spending hours stalking your ex's profile, isn't it? That makes her silence pretty much understandable.

To overcome this problem, I present to you a new Facebook feature. It's for Facebook groups but serves this purpose quite well. It's yet another "seen" feature.

Here's how you're going to use it. Add your ex, or have your friends add her to some group you belong to. Once she's in there, this technique will work perfectly.

Recent posts from groups might appear on your ex's wall, so it won't be so helpful because you're not getting to know if she found the post while stalking your profile. What you could do, though, is share an old photo of the group, or better still, have a friend post it to your wall. Pick a compelling photo that you think will grab your ex's attention, for instance, a photo of you with another girl or guy. There's no way that by chance your ex will scroll down that group all the way to the old posts on that exact day. So, if you get your ex's name on that specific post, it'll be certain that she is viewing your profile.

Notes:

- a. If you ask a friend who is not friends with your ex to post the photo link to your wall, there will be no chance of your ex viewing it from his or her news feed. Your ex will have to visit your profile to be able to see it.
- b. If your ex is not a member of the group, you won't get to see your ex's name when he or she sees the photo.

## **Test 2: Is your ex becoming re-attracted to you?**

This is just a simpler version of knowing whether your ex is interested in you and checking your profile from time to time. A lot of people will unintentionally leave some small hints that let you know that they might be stalking your profile.

Here's an example of these profile hints:

6. When you're liking, commenting, or sharing posts from pages, the post from your profile appears something like "Your Name shared The Page Name's Photo," or "Your Name commented on/likes The Page Name's post." This feature gives more publicity to the pages to increase their number of likes. That's why pages seem to literally beg you to like, comment, or share their posts. Now, if you see your ex liking the pages that you like, comment on, or share posts from often, it's a hint. You can either check from his or her profile activity or by checking the page itself.

# Chapter 10: [NEN 2.0] - Step 8: Getting Back Together

## Facebook Frame Control

Right now, the task at hand is to take control of the present situation and make sure you don't give it any chance to turn against you. Having initiated contact again, you must not forget the fact that this is the new You and that, as the new You, you have new ways to be yourself and new ways of conducting the relationship.

In order to get the best results out of all you've done so far, you need to take control over what's happening. In real life, maintaining control would be a tiring task. But on Facebook, you'll be able to keep things steady without much effort. That's what makes Facebook the best option for communication when it comes to these situations.

## What You ABSOLUTELY MUST NOT Do

Although you've already covered most of the process of getting your ex back, there is still the opportunity to screw up. And let me tell you, screwing up at this point will not come with an easy solution. Here's a list of things you need to watch out for. Then you'll learn how to control each situation and put the situations to work in YOUR favor.

### **Do NOT Introduce Yourself as a Normal Friend**

What a lot of people will do now is expect to be treated like a normal friend by their ex. This is not what you should do.

A “normal friend” is the last thing you are to your ex. Normal friends and ex-lovers can never be the same. A normal friend would have to go through the whole process of getting into a relationship with your ex, from crossing the friend zone to becoming something more. But you don’t have to stress. You’ve been there before and will only need minor effort to once again reach out to your ex as a lover. It’s all about building regret inside your ex’s heart by reliving old memories and resolving those tiny issues you had with each other.

It takes a lot for a person to think of a normal friend in a romantic way. In this situation, you’re a person your ex has shared a bond with before, and obviously, a lot of those emotions are still present. It’s just a matter of bringing the emotions out from deep inside. Normal friends have not slept with each other and don’t have the physical bonding you possess. You KNOW your ex and this gives you the ability to trigger her inner feelings whenever you want.

The fact is that you know all of her characteristics, whereas a normal friend could only have witnessed some of them. Normal friends can’t have the mental understanding that you share. It’s this understanding that will make it much easier for you to open up to each other, were you a normal friend, comfort at this level would be impossible.

Note that while there are a lot of ways that your romantic history is an advantage, there are also a lot of things about it that might not give you the upper hand.

Since you were in a relationship before, your ex might think of you as someone she is “used to.” You might have a handicap when compared to someone who is new and exciting. That’s where upgrading yourself to something even better goes to work and makes you as unpredictable as a normal prospective lover would be.

Because of all the past problems you might have had, things may seem a little uncomfortable between you. The solution to this is that for each unpleasant problem you’ve had in the past, you’ve also had a bunch of awesome memories waiting to be relived. As part of controlling the relationship framework, you’ll

make sure (double-sure) that you don't revisit your past problems or even go anywhere near them.

To make sure you're not acting like a normal friend or taking your conversations to places you want to avoid, you have to know how to control the conversations and interactions you have with your ex on Facebook.

## Do NOT Talk About the Breakup

The past is long gone, and you're a new, upgraded person now. You're not to compare yourself or let anyone compare you to your old self. Whatever faults you once had are not present in you anymore.

It's not about your faults; rather, it's about your ex's. If your ex broke up with you, he's the one who has the problem, not you! Because of this, it's compulsory that you don't volunteer to resolve the breakup, as there are no guarantees as to how this may affect your future relationship when you try again.

Along with that, talking about the breakup will create discomfort and make you look rather needy. That's the last thing you could ever want at this point. Much further down the road when your relationship is rebuilt and stable, you may discuss it. But not yet.

## Facebook Chatting

On Facebook, your most direct, private conversations are going to take place through Facebook chat. However, it doesn't matter whether it's Facebook chat, real-life, or any other IM, the basics of how you lead your conversations will remain the same.

## Do NOT Make Your Conversations "Casual"

Since you're strictly not supposed to act like a normal friend, you can't talk like one, either. Normal friends will carry on a conversation saying things like, "Hey, how's it goin'?" or "So, whatcha up to?" or "Nice weather today, huh?" These

kinds of messages will indicate that you're just trying to push forward a conversation that was never meant to be. It shows how needy you are.

Normal friends will chat for hours just talking about themselves, sharing stories and stuff. You've done all that long before and you're certainly not going to go there again, especially at this point after the breakup. You should definitely not simply share experiences or discuss common interests. Avoid any sort of common chitchat or you'll just be giving your ex a reason to think of you as a common friend. And do not talk about things like movies, music, hobbies, or celebrity gossip.

You can ask your ex how he's doing and see what he's up to, just remember to keep the spotlight on yourself. You have to talk about yourself in a way that creates an impact on your ex's mind. Whether it's about your new friends or how you got that new promotion at work, you must give him a reason to be interested in the new You.

Also, when chatting, leave no silence in between messages, and go on talking. You have to be upbeat, creative, and interesting. Avoid tiresome single-word messages like "Okay" or "Cool."

Take a look at this example:

**Ex:** *"I just got a new haircut yesterday"*

**You:** *"cool"*

**Ex:** *"yeah..."*

**You:** *:)*

*(A few minutes of silence...)*

**You:** *"So, nice weather today, huh?"*

Like we said earlier, you're NOT to try and push forward conversations like this. It's vital that you know how to avoid uncomfortable silence.

To begin with, don't stop talking. If one topic suddenly ends, move on to another one right away. If you're done saying all you had to say and you can't take your conversation anywhere or get completely lost in it, don't give it a chance to get uncomfortable, end it right there.

**Ex:** *I just got a new haircut yesterday.*

**You:** *Cool. Hopefully not as short as that really bad haircut you had the one time. ;-)*

**Ex:** *YOU ARE SO MEAN! :/*

**You:** *Haha, Jeff and Sara are throwing a party at their place this weekend, have you heard? Their parties are always so crazy! Be there, k?*

**Ex:** *Sounds fun!*

**You:** *Right, gotta run. See you at the party then.*

**Ex:** *Alright, bye!*

You have to try and avoid the regular chitchat. If you get dragged into something like that, swiftly change direction and take the conversation somewhere else.

### Keep Your Conversations BRIEF

It's important that you keep your conversations short, as this will keep you both excited for the next conversation. To show your ex that you're still on top of your game, give him only a small amount of time.

You're not going to be spending hours talking to your ex. Right now, a six-hour chat conversation is the last thing you want to involve yourself in. If you do that, what's his incentive to get back with you? You're already giving plenty of yourself to him as it is. When you keep your conversations short, your ex will start to miss you and think about you. He'll go on Facebook the next day, spending hours waiting for you. This is a way of getting your ex really into you without even doing anything!

If you're still in the process of reinitiating contact, end the conversation within 5 to 10 minutes. If you've successfully reinitiated contact, I'd say give your ex no more than 15 to 30 minutes of your time. Keep your eye on the clock and focus on getting it all out within the time limit. If your ex naturally talks a lot and starts unloading with long stories, give a valid excuse to say goodbye. Once you've said goodbye and he quiets down, finish the conversation with a very brief last message and tell him if you had anything left to say at that point.

## Do NOT Give Your Ex the Attention He or She is Asking For

When your ex is constantly talking about a new significant other or how people have a crush on him, he is just begging for your attention and trying to get under your skin. You have to know better and not take the bait. You're not to listen to him blabber about his relationships. Giving your ex advice on his love life is the absolute very last thing you should be doing.

Just ignore him in this case and act as if you don't care. Go on talking about yourself and don't give him the attention he's looking for.

### Example:

*Ex: (random gibberish about some girl you don't give a damn about) . . . You know, Amy is such a great girl, she's so funny..*

*You: Hey! I have tickets for the game next weekend. I'm so damn excited! I can't wait.*

*Ex: (caught off guard) Yeah . . . sure . . .*

### Example 2:

*Ex: (random gibberish about some guy you don't give a single damn about) . . . You know, Ron is such a great guy, he plays awesome guitar and loves me a lot.*

*You: Hey! Iron Man 3 comes out on Blu-ray next week! I can't wait!*

*Ex: Hello! I was saying something there :/*

*You: Oh, come on, Iron Man beats Ron any day. :P Did you even see it in the theater?*

*Ex: (totally caught off guard) No . . .*

*You: You've gotta be kidding me! Here's the link for the trailer . . . so awesome.*

And it doesn't get any smoother than that. Let me also tell you that this won't be offensive. Praising your new boyfriend or girlfriend to your ex has to be much worse than talking about awesome superheroes. By ignoring what your ex is saying, you tell your ex that you know where he or she is going with this and you're mature enough not to fall for it. Your ex will (and should) be ashamed.

Whatever you do, don't lose control of your emotions and start bad-mouthing or asking questions about this new person. This makes you look insecure and positively reinforces your ex's choice when you need to be doing the opposite! You'll be tempted to ask questions. Dwelling on the other person will demonstrate low social value for yourself, though, and that won't help your cause. You're obviously above all that. No matter what, you have to control your reactions when your ex talks about spending time with this other person.

After this session, don't flatter your ex's decision to date someone else and keep in touch with her, acting like some average friend. This just gives her control over you and tells her that she can drag you along to wherever she wants by having a new lover and totally shoving it in your face.

Afterward, move on to the no-contact period again. Your ex should be the one to contact you again. The next time you talk, it's probable that she won't take you to those places or behave like that again. When she does initiate contact, go with another conversation like before. If she seems happy with this new person but is still eager to talk to you, it's obvious that you're a higher priority to her than she would like to admit.

You'll have to carry out this strategy and stay in the no-contact period until your ex permanently pushes the other guy away and insists on starting over with you again.

## Keep the Spotlight on Yourself

If your ex asks you about your love life or whether you've been dating someone, feel free to talk about that really cool girl or guy you met recently. Talk about how you've been going out a lot and meeting new people here and there. You don't have to go into specifics.

From past experience, I can say that when chatting with or talking to ex-lovers, you get into uncomfortable silences a LOT. That's because you're no longer together, so you can't talk the way you used to anymore. Then you get lost thinking about what to say and the whole conversation dies.

Don't let that happen! This is your chance! Talk about all the positive things you've been up to lately, tell your ex about the funny thing that happened at the party she missed. Maybe talk about that promotion you're getting soon. Stick to lighthearted, fun topics . . . don't talk about anything sad or boring.

When you keep the spotlight on yourself, you're reminding your ex of all the great and awesome things about you that she might have forgotten. If you keep doing this, it'll work in her mind and keep growing to completely overcome all of her negative thoughts about you.

You can also go on making her curious and giving her a little burn of jealousy by providing indirect ideas that you're about to go on a date. For example:

**You:** Hey, what did you think of Iron Man 3? I don't know if I'm gonna see it, I'll ask John, but he said he's only going if Sally and her friends come with us.

[Of course, your ex doesn't know Sally...or her friends!]

You're not actually telling her that you've got a really hot date, instead, you're giving her a subtle push into thinking that you might be taken off the market by someone else.

## Carry on Planting Emotional Seeds

You can still plant emotional seeds in your ex's mind with your conversations on Facebook. By getting the best of these conversations, you can be sure to get him back into your arms.

Talk about all the great memories of your relationship that he is sure to be missing. When you don't have anything else to say, ask him if he remembers those crazy weekends you had with your cousins. Better still, send him a link to a photo that captures a much-cherished memory of your relationship.

Whenever he starts talking about the breakup or how things got worse before it, stop him with a photo link or say something to remind him of the good old days. This way you can control the conversation and not be worried about going to unwanted places with it.

Keep talking and give your ex quick replies, this way there won't be any chance for the conversation to enter an uncomfortable state. Change the subject if things get weird or simply end the conversation with something compelling that he can center his thoughts on when you're gone. This way, he'll start to regret ever having broken up with you. All of the negative thoughts about you will slowly get lost in new emotions for you. At that point, nothing can stop your ex from desperately wanting you back.

## What to Do During Facebook Chats with Your Ex

- a. Keep your conversations lighthearted and friendly.

- b. Make your conversations short. Depending on whether you've initiated contact, decide on exactly how much time you want to give your ex, generally from 5 to 30 minutes.
- c. Keep the conversation very positive.
- d. Be fun and cheerful.
- e. Control your emotions.
- f. Keep talking. Use your time wisely and leave no silence in your conversation.
- g. Talk about yourself; tell your ex all the crazy things you've been doing and talk about the awesome things happening in your life.
- h. Ask how he is doing and what he's been up to.
- i. Talk about the hot new date you went on or are going on. Tell your ex about the new cute person you met yesterday.
- j. Whenever you get the chance, use it well and remind your ex how great your relationship was.
- k. Bring up a topic or send a link to a picture from the great moments of your relationship.
- l. Ask about his family or your mutual friends.
- m. Be the person to end the conversation.

### What NOT to Do During These Facebook Chats

- a. Don't let your ex control or lead the conversation.
- b. Don't get yourselves into typical Facebook chitchat as normal friends would.
- c. Don't talk about lousy and unproductive things.
- d. Don't get into uncomfortable silences; always keep your conversations running.

- e. Don't give your ex the obvious attention he wants if he talks about undesirable topics.
- f. Don't talk about his love life or new love interests. You must not give relationship advice.
- g. Don't let your emotions get the best of you.
- h. Don't go to unpleasant topics about the relationship.
- i. Don't suddenly try to resolve past issues.
- j. Don't give your ex the chance to get you into any kind of an argument.

### Other Things to Consider:

- a. If you're done saying all you had to say and can no longer manage to lead the conversation to a healthy place, don't try to force it, just end it there.
- b. If your ex can't open up and talk to you, be spontaneous and take the chance to tell her cool things about your life or secretly plant an emotional seed in her mind.
- c. If your ex drags you into something unproductive, swiftly change direction and take the conversation to a different topic.
- d. If your ex asks you about your love life, be positive but keep your cards close to your vest. Don't give lots of details; this will encourage interest and intrigue.
- e. If your ex starts to talk about her new relationship or asks for relationship advice, don't play along and don't encourage it.
- f. If your ex can't stop talking and starts going to places you don't want to go, say goodbye.
- g. If your ex starts to drag you into an argument, redirect the conversation to the nice parts of the past.

- h. If your ex is directly showing you interest or signaling that she wants to get back together, sing along!

PS: Read the summary of the no-contact period parts of Chapter 1 to get an important refresher on how you should interact.

## Do NOT Get Into Other Facebook Interactions Too Often

You must not like or comment on just any photo your ex uploads, nor are you to reply to your ex's random comments on her posts like some normal friend would.

Remember to keep Facebook interactions minimal. You have to give your ex the idea that you're too busy with your life to keep track of all of her Facebook updates. Look at the comment thread of a post and figure out whether it'll be beneficial to interact with your ex there depending on who else is in that comment thread, how long it is, and what you want to say. Only go with it when you're confident that the odds are with you. If you say something irrelevant and don't get a reply from your ex there, you'll just end up looking like a fool to everyone else.

Similarly, wall posts can be very useful. When you're inviting your ex to a group meet or posting a link of something, posting on her wall will be cooler than private messages. Remember how your ex has to be the one to chat with you first? Aside from that, if you send your ex links on private messages, she might assume you're trying to get an excuse to begin a conversation with her; there's less of a chance that posting on her wall will make her think that.

Don't constantly make wall posts, however. That will again indicate that your life revolves around your ex, as you're only posting on her wall, not those of your hundreds of other friends. To make it look even smoother, when you post a link, an invitation, or something else on her wall, make sure to post the same thing on the walls of a couple of other guys or girls to cover your tracks. Also, be sure to pick mutual friends to post to, that way your ex will get the post on her news feed and be sure to see it.

## Other Interactions and What to Do:

- a. Remember to keep other Facebook interactions minimal.
- b. Before going into any contact through comments, check to see if the odds are with you.
- c. For links and stuff, you don't expect to get a reply for, use wall posts instead of private messages.
- d. When you see reliable friends in a comment thread, you may want to look cool in front of your ex by participating.

## Other Interactions and What NOT to Do:

- a. Don't frequently like or comment on your ex's posts.
- b. Don't constantly post things on her wall.
- c. Don't try to interact with people you don't know who are on your ex's "friends list."

## Do NOT Let Your Ex Control the Relationship Framework

Throughout this course, you've been taught a lot about yourself and relationships. Now that you've reached a point of emotional stability, you have the directions to lead you where you're going and to help you know exactly what you're doing.

On the other hand, your ex has not had that training and is pretty much like you were before you began reading this book. There's a lot going through his mind and he obviously doesn't have a clear solution to his problems. After provoking him into feeling that lost attraction for you again, you have him right where you want him and the power is in your hands.

After reinitiating contact, there are chances that you'll ALSO lose track of your emotions and do things that aren't to your benefit without fully realizing it. You CANNOT let that happen. You've brought your relationship back to this point, if you let go, you'll no longer be able to lead the relationship and there's a valid possibility that you'll once again end up losing your place.

## Controlling the Relationship Framework

Let's review what we've done so far, shall we?

First, you've examined the breakup and the relationship, coming to the conclusion about what might have gone wrong. You've discovered what your faults might have been and upgraded yourself into a much more desirable person. You've engineered your Facebook environment to reflect the new You. Following that, you've learned how to use certain Facebook tools to showcase your new self to your ex and generate a strong feeling of re-attraction in your ex's mind.

Notice that throughout the whole process, your ex was the one persuading you to engage with him while you stood sturdily in your place. This is the control you have over your ex right now. And you are not to let it out of hand just yet.

On Facebook, you must control *when and how* you connect. This means that now that you have contact, you're still not going to chat with him 24/7 or whenever he wants. You'll have to maintain a substantial distance between the two of you to let his emotions grow. Make him wait for you. When you're not letting him have you as much as he wants, he'll begin to starve for you.

In reference to the Push-Pull Theory, pulling is the last thing you should be doing right now. Keep pushing him away and let him do the pulling. It's important that you continue like this.

Using the undercover profile, you'll keep track of what's going through your ex's mind and what he's doing. You'll also have to find out if there's a third person in the picture. If there are others hitting on your ex, don't panic, you still have the

upper hand. Right now, all you have to do is monitor your ex's movements to be able to control him from your original profile.

# Chapter 11: Hitting the “Reset” Button on Your Relationship

Congratulations!

You’ve made it to the point where you can restart your relationship in a fresh and healthy way. You’ll discard any negativity you’ve ever had and begin anew. You’ll use those minor and major upgrades you’ve made and the information you’ve collected to make sure you don’t ever have to face those past problems again.

You can’t literally get a fresh start with someone you’ve been in a relationship with before. But that’s a positive thing. You’ve always had fun, romantic, and amazing ways to express your love and understanding. Maybe now is the time that you should fix some of those old issues based on how you’ve improved yourself to make your relationship even better than it was. What you need to do is leave behind anything that wasn’t positive about your past relationship and fill in the blanks with new, more positive things. If you can’t let the past go, chances are you’ll wind up in the same ugly mess again someday.

No one’s perfect. A relationship is all about how considerate you can be and how forgiving you can be toward the other person’s flaws. Now, you can’t do much about the other person’s mistakes. That’s why it’s better to try and change yourself in a way that your ex’s faults can’t do you any harm.

People make mistakes, there’s nothing wrong with that. We need to drop the tendency to get back into previous mistakes, though. You can never expect anything good to come from being stuck in the same unpleasant issues all the time. You just have to let them go. That’ll be the first step to a new beginning. This means that you shouldn’t accuse each other of faults or mistakes. Resolving past issues is one thing, arguments are another.

Arguments often become a sort of competition and they're very good at getting people angry. When people fail to prove their point in an argument, they often get very mad and the whole point of the argument can easily become lost. That's the last thing you want to feel when in a relationship.

The whole purpose of trying to resolve old issues will be to ensure that they don't get the chance to occur again and you don't end up somewhere unpleasant. The purpose is NOT to figure out who was to blame while arguing and accusing the other person of things; instead, accept that you're both to blame and move on.

Almost everyone takes arguments too seriously. They'll try all they can to win, while they bring up past issues to get the upper hand without realizing how they're messing things up along the way. They typically turn small disagreements into big fights where they say hurtful things to each other, all while bringing up past problems. As the next step, you need to get over the idea that arguments are supposed to be "won." Only then can you expect to resolve issues from your past relationship in a healthy way.

Every couple has disagreements. You'll be angry about your lover's faults now and then. You just need to be conscious enough not to bring up ten other things from the past in the process while accusing your ex of what she has done. If you can tackle the issue without it even becoming an actual argument, all the better.

Try to look at the relationship from your ex's point of view. People are never completely accurate about themselves, after all. We all see ourselves differently than others see us. At the same time, make her see how her life is so much happier with you in the picture.

Be a friend to your significant other. Talk to her and share your thoughts. Give your lover the feeling that you're always there beside her. Healthy communication is the key to a healthy relationship. Demonstrate your love and show your lover how you care for her. Asking her little questions makes the

relationship feel a whole lot better and shows that you care, even if it's just in regards to what she ate or how her sick friend is feeling.

Occasionally go out together and don't forget to have fun. Try new things, suggest new places you might enjoy. You must do all you can to prevent that romantic interest you felt at the beginning of a relationship from waning. The better you can maintain it, the better your relationship is going to get, and the best way to retain it is by not getting stuck in a boring routine.

Respect the other person and her wishes, don't rush things. You don't have to immediately resume the relationship at the point where you left off. Take your time and enjoy being together again.

The final thing is that you can't forget what you've learned from your mistakes. Neither should your lover, so try to create some realization of that in your ex, too. Once you both develop an understanding of how important you are to each other and how fragile a relationship can be, you'll be doing great.

## **Facebook relationship rule 1:**

### **Creating and managing intervals**

Remember how we discussed secret adjustments and invisibility in Chapter 1? Well, there's actually a lot more to it than just maintaining a no-contact period.

Once in a relationship, it's very important that you keep steady control over the relationship framework and not let it run loose. When it comes to relationships and Facebook, creating and managing intervals has to be the most important rule there is. To explain this, Dean Cortez will share a personal story about himself in his younger years.

## Tales from the Abyss: The Betrayal

A couple of years ago when I'd felt that I'd done it all and became tired of flirting with women and dating around, I told myself, "I need to stop wasting time like this and use it for something more meaningful." I wouldn't say I was looking for a committed relationship, but I was bored with all the games. So I pretty much started to ignore the girls I'd had flings with and started avoiding any distractions.

Then I met this girl on Facebook. She was my friend's cousin and we used to go to the same school together, but she had moved to London. She was smart and cute. At first, I didn't have any sort of romantic interest in her, but then, after getting to know her, I gradually began to really like her.

A few weeks later we got into a relationship. We were both happy and we made a great couple. I was really excited about the mature and serious relationship we had together. Our conversations would go over six hours on Facebook without either of us noticing. Things were amazing between us. It carried on like this for a long time. Let me add that we were both hardcore Internet addicts and spent a lot of time on Facebook. We used to be online pretty much all the time when we weren't out doing things together.

Then suddenly, for some reason, our chat conversations slowly started to decrease. We would have these awkward situations where we'd both be online, but neither of us would chat with each other. We'd chat a little at the beginning of the day, but after a few words, neither of us could find anything to say. We'd either go into a silence that no one bothered to break or just go chat with other friends. Neither of us was complaining, either, so it went on like that for a few days. Then her schoolwork ramped up and I got pretty busy as well, so we fell out of contact for a couple of weeks.

When we got back on Facebook and chatted, things seemed a LOT better. We found our desire to talk had returned, and again we began to have long conversations daily. It was just like the beginning of our relationship; we were happy to be together again and loved to talk.

Things were great over the next few weeks, but then it happened again, we slowly just became too used to each other. We'd chatted so much that we didn't like to chat anymore. Then negativity began to take over. We started having arguments which made us talk even less, it wasn't long until we began to grow apart from each other. But we still hadn't officially broken up.

Later on, after we had pretty much stopped talking, I got to know from her cousin that she'd come to visit her after her finals. I was heartbroken and couldn't figure out why she hadn't told me about it, but it was obviously because she hadn't wanted to meet up with me. I've still never really had a good idea about why she might have done that. No matter how bad things went, I never expected her to be like that. I felt worse than I ever had.

When she found out that I knew about her visit, she apologized and tried to make excuses. I pretended to forgive her by saying, "Yeah, I understand things weren't going very well between us, it's okay." But I couldn't pretend, I mean, how could I accept an apology like that? I wanted to forgive her; I was just waiting for her to apologize to me in person. That never happened. I even thought it was too much to ask of her, but she could have at least proposed a meet-up. She didn't do that either. It was obvious that she just didn't want to be with me anymore.

Then we completely stopped talking. I was still pissed about her not telling me about the visit. She tried to talk to me a few times, but I couldn't open up to talk to her and ended up pushing her away with a rude response. Eventually, we broke up and parted ways. Naturally, no one tried to patch things up, so it was over, just like that.

I felt bad for a short while, but eventually, it didn't take much effort to move on. I was well over what had happened and got back to my usual life.

She went back to London and a few months passed. I got back to being who I was before the relationship and totally forgot about her. Then one day she tried to talk to me again. Just like what happened to Jeff in Chapter 1, it was the same theory subconsciously going to work. She sounded like she wanted to get back into a relationship again. I was amused, but I was really over her and not that

interested anymore either, so I didn't give her much of a response. We ended up just kind of being acquaintances, but it was a good experience that taught me more about relationships and Facebook.

Today, rethinking the relationship, I realize that she was too mature to have done something like accidentally not telling me she was going to visit. I think that she was just worried that if we met in person, our interest would be reignited and the relationship would continue. I guess she just didn't want that to happen. Sure, she was guilty, but I now realize that it wasn't actually anyone's fault. It was all because of excessive contact.

Specifically, it was because neither of us had any control over the relationship framework, it was all over the place. If I had been even a little mindful about it back then, I'm pretty sure none of that would've ever happened. If we had kept even a little distance between our interactions, who knows? Maybe we'd still be together today.

I don't regret what happened. However, there are a lot of relationships (especially on Facebook) that don't work out for reasons like this. And I want you to make sure this doesn't happen to you either. So here's the rule: don't talk to your ex 24/7, instead, you should create a substantial distance or interval between your conversations. There are two things to think about making rules for:

1. How long you're going to chat.
2. How long your interactions are going to be.

Relationships will vary in a lot of ways. Some relationships are going to have a lot more enthusiasm than others, and there are going to be some that don't run so hot and cold. That's why there can be no exact time period set for these rules.

I've seen some relationships that don't really require intervals because of the people's outrageous understanding of each other's needs; however, it WILL require some time for any relationship to reach that level of intuition. That's why you need to maintain control over the framework, at least at the beginning of the relationship. Even if you could guarantee a great start, there's no saying what place you may end up someday. At some point in your relationship, intervals will

be very helpful. The best thing about them is that they don't require any extra work.

You need to be able to figure out what time limit for each type of contact is required for your relationship. For any typical relationship, I'd say that you should chat for as long as you can hold the flow of conversation. Three to four hours is fine, for instance, but if you can hold on longer than that and keep the conversations meaningful, go ahead.

It's the intervals that you should be more concerned about. I'd say you leave an interval of a day or two per interaction when it comes to long chat sessions. If everything's cool in the relationship and you're both really eager to talk, two days is more than enough. If you go for several days, you can lose momentum, which is counterproductive.

PS: Use our *Facebook secret adjustments* to create and manage intervals.

### **Rule 1. Things to Do:**

- a. Learn to manage your chat length and conversation intervals.
- b. Think about your past conversations and assume what the time limits need to be.
- c. As time passes and your bonding starts to get stronger, you can slowly decrease the intervals.

### **Things to avoid:**

- a. Don't let your relationship get out of hand and go crazy, it's crucial that you have a strong grasp o
- b. ver your relationship framework, especially at the beginning of the relationship.

- c. Don't take it the wrong way, you're just making intervals. You're not ignoring your ex.

### **Other things to consider:**

- a. If your ex is contacting you via other mediums or telling you to come online to Facebook, you don't have to make up excuses. Go talk to your ex, but make it quick. Also, intervals don't really mean fun activities like dates and meeting in person so much.

## **Rule 2: Building up the bond**

The second rule is a classic one, only this time it's applied to Facebook. Your bonds are what give the relationship strength; it's what brings it alive. On Facebook, there are two parts involved in building up the bond:

1. Your personal bonding.
2. Your social or mutual bonding.

Personal bonding is the bonding you and your lover personally share. A mixture of common understandings, choices, views, characteristics, and so on is what builds up the bond.

### **Ideas for Building a Stronger Personal Bond**

- a. Give each other cute nicknames. This really generates affection and builds up the bond. Give your lover a unique nickname that you and ONLY you have jurisdiction to call him. That nickname will make you different from his other friends and momentarily connect him emotionally to you every time you use it.
- b. Explore the inner parts of each other's minds. Share personal stories, open yourself up to your lover, and talk to him about things you don't usually choose to talk about. This will slowly allow him to open up to you, too. Better still, ask him questions and show interest in what he's saying. Note

that you should only ask him about something he'd want to talk about, not pressure him into talking about painful stuff.

- c. Develop a certain kind of language that only you two can understand and make inside jokes together. For example, there was this really rich spoiled kid in our school who used to pronounce "f" as "p." So my girlfriend at the time and I started doing that on purpose, not just to make fun of him, but because it was hilarious.
- d. Be as honest with each other as possible. For example, when your ex gives you a hard time about something and it hurts your feelings, honestly and casually tell him how you feel instead of keeping your feelings inside.
- e. Feel free to use constructive criticism toward each other sometimes to get a better understanding of what it is that you expect from each other.
- f. Meet up with each other as often as you can, eye contact and physical presence are also very important elements of having a strong physical and mental connection with each other. You can't have a healthy physical connection with an Internet-only relationship, which is one of the challenges of long-distance arrangements.

## Bonding with Your Lover's Social Network

The second part includes socializing with your partner's friends and family, which will boost your overall relationship value while adding to your personal understanding of one another. You can take up the entire process through just Facebook. Here's what you should do:

- a. Ask your lover about her friends; show genuine interest.
- b. Ask her about family, relatives, cousins, how her parents got together, etc.
- c. Socialize with your significant other's friends and family. You can use group conversations, comments, or some other medium to add her and get to

know her. It's usually never a problem adding your lover's friends or family as your own friends on Facebook.

- d. Suggest friends to your lover, tell her about your buddies, share stories about your friends, tell her unique things about them, and so on.
- e. It might not be a good idea to get your ex-lovers into the picture, of course. If you have everything under
- f. control, however, you might choose to ADD them on Facebook instead to settle things down for good.

With strong socio-mutual bonding, you can take your relationship to the next level. You can take it to a level that makes the relationship almost impossible to tear apart.

## Chapter 12: Trouble Shooting With The Instant Competition Crusher

Thinking about this chapter, the first thing that comes to my mind is a movie I once saw. It's a very popular one, so I'm pretty sure you may have seen it, too. (I'll reveal the title in a moment. See if you can guess it.) It'll be an inspiration and show you that no matter how bad the breakup was or how attractive your ex's new lover is, if your ex had that never-ending love for you once, it's still got to be in there somewhere. With the right effort, nothing can stop you from getting your ex back.

In the movie, a girl from a rich and powerful family is in a relationship with a poor but passionate guy. The guy is just an average guy, not overly handsome or charming like in most movies. I'm not going to call him dumb like everyone else does, but he wasn't all that smart either. Sure, he didn't have a lot of money, but what he had was pure feelings for his true love. The key concept of the story is that if you have honest feelings, you can overcome ANYTHING to get that one person you love back to you.

Back to the story: when the girl's family finds out about them, they can't approve of the guy's modest background and they break them apart. They send the girl away so they can't be together anymore. A few years later, the girl meets and gets engaged to a handsome young soldier. Then, just before their marriage, the girl goes to pay the old boyfriend a friendly visit. But in the end, it doesn't end up being just a "friendly" visit at all.

Later, the girl chooses her long-lost love over her fiancé. The guy is not as wealthy, handsome, or smart as the new suitor, but the girl still isn't able to disregard her feelings. This demonstrates how strong human emotions can actually be. Even after the long break they'd had, she can't control her feelings of affection for him. It is those raw feelings that make it happen, which, in your case,

are still there inside your ex. You just need to give it some time and wait for those feelings to work within him or her.

You've probably guessed the movie by now. Yes, I'm talking about *The Notebook*.

## **Instant Competition Crusher: Getting rid of other “prospects” in the picture**

This chapter focuses on how you handle the people that your ex might be dating or the ones who are trying to hit on him. You can apply these techniques to push those other so-called competitors out of the picture. The complete process is based on the theory that no other person knows your ex better than you do, and you're more valuable to him as a result.

When you get involved in a new relationship shortly after a previous one has ended, you begin to subconsciously compare the two. Because of those raw emotions, we discussed earlier, it can be very challenging to adjust to a new relationship. It's not just adjustment issues, though, it's also about having the courage or mental motivation to be able to cope with a completely different person and give him or her the same affection that you gave to someone else not so long ago.

Often, after a breakup, people get lost within themselves and friends motivate them to move on, which they often think of as getting the go-ahead to enter other romantic relationships. They think that they might be able to move ahead and forget the past by beginning a new future. They try to overwrite their feelings for someone with new feelings for someone else. But our minds don't work that way. It's not simply hard to forget someone, it's *impossible* to give one person the emotions that you gave to another. Years could pass, but you would still be unable to remove that old lover from your mind.

When you're going into a new relationship after the end of a serious past relationship, your subconscious will look for the past lover in your new one. And

when your subconscious is unable to find the old lover there, you'll likely either be disappointed and question yourself as to whether you really love this new person or not.

If you can come in at the right time to remind your ex of the bond you share while showing him the new and improved You, it's only a matter of time before he will begin to regret the break up and want to get back together for good. Then, you can keep going deeper and deeper into his mind with your emotional seeds. It'll become unbearable for him to have to be without you. He'll start to push away his new lover while wanting to persuade you to return badly. So, in the end, you really have no competition. It's only a matter of showing those "new" people the way out of your ex's life and mind.

Now, I will end our journey with a few directions to help you push other prospects out of the picture and give you all the freedom and comfort you may need in taking the final steps to getting back together with the one you love.

## **About the people trying to hit on your ex**

Let's talk first about guys. About 90% of the guys trying to pick up girls on Facebook are douchebags. You can knock them out just by being sarcastic about their douchie-ness and awful pick-up techniques, which often include cheesy compliments on photos and other lame come-ons. Girls aren't as bad, but can be just as annoying and are also easy to expose if you know how to do it.

Here's what you need to do:

- a. Focus on the new people in your ex's life. Don't try this on your ex's pals. You already know all her friends, so they're not an issue.
- b. If you see someone constantly posting or commenting on your ex's timeline or posts (or your ex constantly doing that on his timeline and posts), take the chance to subtly insult the guy. For instance, suppose you suddenly notice a post he hasn't commented on. You can say something like "What happened to that \_\_\_\_\_ guy, he's not liking your posts anymore, that's

strange, he normally posts here 50 times a day. =P ." The same thing works if a girl is trying to dominate your ex's Facebook posts.

- c. Try to point out the "not so cool" thing about your so-called competition. For instance, if he's a "gangster" type, you could say something like, "What happened to the gangster dude who comments on your stuff? Did he violate his parole? =P" This applies for both genders, so you can do this either way. If you're a girl and your competition is some girly-girl with cartoonish profile pictures you could say, "I haven't seen that girl you're so into anymore, maybe she got grounded and her phone's been taken away? ;-)" It doesn't have to be exactly those words. That's just an idea of the kind of approach you should have. You have to deliver the insult but make it a joke as if you really don't care and the person is beneath you. It's an art.
- d. To show your ex that you haven't been stalking her profile or anything and just stumbled across to notice the new guy or girl, show a little unfamiliarity. You could primarily do it by misspelling the person's name, which will also be disrespectful at the same time. For example, if her name is "Kyleigh," you could mock her stupidly spelled name and call her: "that Kalayleigha chick or whatever." Adding the "that" or "or whatever" part gives you extra points. If your ex corrects your spelling of her name, just say, "I like my version better."
- e. Don't dwell on this topic for even so much as one minute. You need to show your ex that you genuinely don't care and are just amused by the stupidity. Make your point and get out of the topic. Don't play along if your ex tries to drag it out by saying nice things about the person. Don't even play along if the new person is making remarks too. Remember, you just don't care and it's a waste of your time. If the person responds angrily, a "LOL" or a simple smiley face is a nice way to look dismissive and above it all.
- f. Instead of making your remarks visible, say what you want to say to your ex during a chat session. However, if the new person is actually stupid enough to attempt to get into a comment thread with you, your ex, and your old buddies, don't spare him. If you can make an inside joke there about him that only you guys would understand, even better. In other words, only do it

in public if you have the necessary backup or you have an inside joke in mind.

- g. When mocking the new person in public, make it indirect. In other words, you're not actually talking to him.
- h. Don't think about looking cool by threatening him like our "gangster" friend would. That'll make YOU look stupid. If he threatens you, brush it off and he'll look stupid, instead.
- i. Don't overdo it, stay within the limits, and don't make yourself look too mean. If you show that you don't really care and don't have time for drama, you're not going to overdo it, anyway. Your goal is to look like you don't see this new person as a threat and you just find him amusing, not like you're angry or being mean-spirited.

## **Crushing Your Competitors Thoroughly Through Environment Engineering**

There are a variety of ways you can make a person look bad, especially using a made-up hot girl or guy's profile. It might be risky doing this with your undercover agent we set up before, so it's better to set up another profile. That way, it'll be much less suspicious.

Follow the instructions from our ninja undercover tactics section, setting up the profile to make it look genuine. Let me explain a couple of perfect ways to humiliate people.

**Making them say or do stupid things:** Ever notice how people in bars or nightclubs do ridiculous things in their efforts to get desirable men or women? When the guy or (especially) girl who's being hit on is smart and knows his or her surroundings, he or she can play along to make the person look even dumber.

Often, we see people bragging about things they really don't know about in order to impress others. Because they don't really know much about the subject, they end up saying stupid things that make them look like fools. Naturally, many

people are dragged into doing stupid things or saying stupid stuff by nature. It's just a matter of highlighting those stupid things to make these people look bad, and using an attractive profile makes it easy.

**Making your competitor look like a perv:** Use your fake profile to flirt with the perpetrator and take things to the next level. Get him to tell you nasty ass things; when you think you're satisfied with what you have, change your undercover profile information to make it a guy's profile, block the perv, and upload the screenshots of your conversation (with the new picture and name showing) to show your ex in an indirect manner.

That'll make the person look like a perverted maniac. But be careful with this one as it will also show your ex that you created a fake profile to trick the person. Maybe it's not the best way to go, but it's hilarious!

### **Tips and instructions:**

- a. Make sure to add your ex, otherwise, she won't be getting updates on her feed.
- b. Use your new persona to point out stupid things the new person says where your ex will see them so that you don't look petty but the new person still looks stupid.
- c. There are actually Facebook pages designed to make fun of people who send stupid texts. These pages are downright famous and you can really make good use of them, i.e., [www.facebook.com/epictextmessage](http://www.facebook.com/epictextmessage) (it's got over a million "likes"! ). What you're going to do is blur the name of the target from your screenshot and post it on the page. Later you send your ex the link from your real profile as a typical funny photo.

What do I mean by "blur the name"? It's not necessary, but just helps when you're playing it super safe. Even if you get the name blurred, your ex is going to recognize the person from the small profile picture. All the pictures posted on the page are similarly blurred. That way your ex won't even think to suspect that the whole thing was plotted.

- d. The important part is that you block the new person before uploading the stuff because otherwise he might report the photo and have his friends report the photo, then eventually have Facebook remove it. It doesn't matter if the new person is blocked, as long as your ex sees the picture your purpose is served. Once you know your ex has seen it, you could even remove the photo and unblock the new person to get some more.
- e. Never forget why you're doing any of this. You don't want to make this person look bad for your own enjoyment. All you want to do is give your ex second thoughts about dating this guy or girl. Remember: All is fair in love and war!
- f. Whenever you're posting something, pick the right time to post, when your ex is online and likely checking her news feed. That way you can catch her eye early and you may even be able to take down the photo before the person you're messing with sees it.

## **Tagging the new person in photos or using other websites to humiliate him or her**

**Tagging her in photos:** We've already spoken about the power of tags and how they end up on all of your friend's timelines. You can use that power here by uploading unflattering pictures and tagging your "competition" in them. Do it at the right time and you can get your ex to see them before the mark even gets a chance to remove the tag.

**Humiliating him on the Bang with Friends app:** The Bang with Friends app is an amazing app built for picking up men and women on Facebook. In this situation, you just use the app to message the new person and then take a screenshot of it to humiliate him.

For example, if you're a guy and see a new guy trying to chat your ex up, just create a new profile of a "hot girl" and start flirting with him. Get him to send

you embarrassing photos or even naked ones of himself. Once that's done, change your profile display picture to a photo of a man and change your name to a guy's name. Take a screenshot of this and say that this new guy is actually gay.

**Or on Myex.com:** Myex.com is a public sharing site especially intended to make people look bad.

If you can trick the new person with your fake persona, you can ask him to send you compromising photos of himself on Facebook or on your phone. If he complies and does so, you just upload the photo to myex.com and share it from Facebook. Remember to time it right and remove it from your own Facebook profile later on.

Remember, though, that the best way to get your competition out of the picture is the simplest way, and that's by a) attracting your ex to you and not even considering the new person as being someone to worry about, and b) undermining the new person casually in comments and threads. All of the other, more elaborate schemes may seem fun, but they can be risky and end up backfiring if you're not careful.

## Conclusion

You'll find a lot of books on the market that promise to console you after a breakup or tell you to simply "move on." This is not one of those books.

This book signifies the fact that you, more than anyone else, have what it takes to get back together with your ex, and it shows you exactly how it's done through Facebook. Facebook dominates all kinds of social interactions today. It's made socializing a lot easier for everyone. It also makes it easier for you to be able to get back together with the one you lost.

The theory on which this book is based has unconsciously, unknowingly, or unintentionally been working all by itself to attract former lovers for decades. It's

only been organized and categorized here to teach you the psychological and technical aspects of the approach at the same time.

After experiencing significant emotional trauma, people do a lot of things without thinking clearly. They often do things that aren't even slightly in their best interests. That's where this book comes in, to help you realize how to resist such urges and make the right moves to get your ex back.

Throughout this book, the goal has been to make sense of everything that you do and help you to know what it is that you want. We've elaborated on the use of all the Facebook features available today so that you know how to use them to your advantage. We've examined how you can get along with the opposite sex better so that you can have an awesome future love life; and we've taught you how a relationship should be maintained with the help of Facebook.

With all of that knowledge in your possession, it still all comes down to you maintaining the self-control and motivation to execute the techniques flawlessly. By self-control, I mean overcoming the pain of the breakup and being able to focus on the right decisions, as well as being able to restrain yourself from the urge to tell your ex how badly you've been missing him or her.

As for the perfect execution, you must learn to be patient. The Negative-Emotion Neutralizer does not work overnight. It's not just about doing everything quickly, as much as you'd like to expedite the process. Our minds work slowly, and it'll take time for you to process the methods and make your ex see the light.

The best part here is that you're doing everything with just your fingers and your brain, maybe even while you're lying around in your bed. Again, the psychological theories behind this method have been working for decades, it's just that in modern civilization, you're able to apply all of that knowledge more effectively and with much less effort simply by tapping into the power of Facebook.